



IONIAN tw ts

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Holistic Health in the time of Covid-19

Message of Appreciation

From: His Grace, Bishop Barthol Barretto

Date: Thu, Jul 16, 2020 at 3:46 PM

Subject: "St. Anthony, Malwani" parish bulletin, Tonian Tweets

THANK YOU VERY MUCH for having sent me a soft copy of TONIAN TWEETS, your parish bulletin for the period, April 2020 to June 2020.

What has impressed me most is the entire layout of the parish bulletin and the thought - provoking articles. Beginning with the editorial of Fr Agnelo Fernandes - a well written piece - and the articles and reports published, I am convinced that the parish community is moving full steam ahead. I can sense that there is so much of life and enthusiasm among the parishioners and that there is fellowship and belongingness in the Communities.

As Bishop in-charge of the Small Christian Communities in our Archdiocese, I was very much delighted to read the report on **Clusters Ahoy**. Yours is one of the many parishes in our Archdiocese that has started the cluster methodology and I can see that the clusters are functioning very well in your parish. Congratulations to Fr Agnelo Fernandes, Parish Priest for supporting the clusters and Ms Abbe Fernandes, Parish SCC Coordinator, for ensuring that the Clusters are indeed a "New Way of Being Church". To all the SCC Animators and Community Coordinators, I thank you for your perseverance, dedication and commitment and wish you all the very best to keep the cluster ship in your parish sailing smoothly. You have my support and blessings.

GOD BLESS YOU abundantly.

Yours sincerely,

+ Barthol

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THEME FOR THE NEXT ISSUE:

Life can never be the same again



Your type-written matter to reach
toniantweets@gmail.com by September 26th, 2020

From the desk
of our Parish Priest
Fr. Agnelo Fernandes

Dear Friends,

The theme - *Health is Wealth: (Holistic Health in the time of Covid 19)* - of this issue of our parish bulletin has definitely fired multiple writing skills among our parishioners. As a result, there are articles relating directly to the theme; for World Environment Day (June 5th), Yoga and Music (June 21st), which are therapeutic, as well as personal testimonies about how you have managed to remain healthy during the **100+** days of LOCKDOWN! **Congratulations!**

We have also discovered two dedicated **Covid Warriors** among us - a Nursing Officer and a postgraduate Student-Nurse, both from the *Nativity of Our Lady Community*! We salute you, our dear Srs. Premilla and Melanie, and we pray for you. Your articles are truly moving.

This year, our patronal feast of St. Anthony and the *Antonian Fiesta* went into digital mode with great enthusiasm! **Thank You “Communication Cell” & “Parish Youth Council”**

Friends, *Covid 19* has made us realise the importance of the gift of health, and that we hold the key to good health in our own hands, to a certain extent. *Health Consciousness* requires, primarily, the will to remain healthy, followed by adoption of a healthy lifestyle - avoiding sickness /illness, rather than needing medication later on! **Prevention, rather than Cure!**

We also realise that Health / Wellness is holistic, with many dimensions (as tabulated below) involving fitness of body, peace of mind, a life of faith and loving relationships. It is an active, dynamic process of growing awareness, life-giving choices, and readiness to change.

1. **PQ = PHYSICAL QUOTIENT** (Physical Health or Fitness) - relates to maintaining a healthy body - and is attained through a balanced diet (diet control), sufficient rest (regular lifestyle) and physical exercise (many common illnesses can be traced back to inactivity).
2. **IQ = INTELLECTUAL QUOTIENT** (Intellectual Wellness) - focuses on life-long learning with an ability to think for oneself. It involves having an *Open Mind* to new ideas and continual expansion of knowledge. Intellectual growth recognises creative abilities and finds ways to expand knowledge and skills, using one's talents to help and solve problems.
3. **RQ = RELATIONAL QUOTIENT** (Social Wellness) - focuses on our ability to INTERACT and RELATE to others. It is the development of meaningful relationships and being able to give and receive support. In terms of Happiness in social Life, it is vital to develop a sense of connectedness with others, as well as of belonging.
4. **EQ = EMOTIONAL QUOTIENT** (Emotional Health) - focuses on the ability to understand, share and manage feelings (emotions). *Emotional Maturity*, or being sensitive to one's feelings and those of others, enables smooth interactions and 'conflict resolution' in relationships. E.Q. (also called A.Q. or Adversity Quotient) - relates to coping effectively with *Stress* - facing life with equanimity, despite disappointments, failures and frustration. In the current *Corona* context, many successful professionals are experiencing bouts of depression, because they have not experienced, and, thus, are unprepared for, adversity.
5. **MQ = MENTAL QUOTIENT** (health of the mind). Mental illnesses are caused by disturbances of the mind. For mental wellness, it is important to be always POSITIVE in our thinking. Doctors confirm that much of our sickness comes from the mind - *Psychosomatic*. A loving heart which is devoid of negative feelings has a very salutary effect on our health.
6. **SQ = SPIRITUAL QUOTIENT**. A strong spiritual life is also a great help to robust health. It is a personal journey of regular prayer, worship, meditation and meaningful spiritual exercises. *Spiritual Growth* refers to forming a VISION and *Way of Life* that gives direction and deep meaning to one's existence. It involves developing personal *Value systems*, understanding the *Meaning and Purpose of life*, and pursuing these with love.

May St. Anthony, our patron, intercede for us, so that each one of us may take those steps necessary to maintain good health, thus enabling us to fulfil our God-given purpose in life!

Celebrating Saints



St. Ignatius of Loyola

*The Glory of God is
humankind fully alive*

Feast day: July 31st

Patron Saint of soldiers, students, teachers and delinquents

Born in northern Spain in 1491, Ignatius spent much of his younger days preparing to be a courtier and a soldier. He was attracted to all things glamorous – wine, women and wealth. However during the battle of Pamplona in 1521, his leg and dreams were shattered by a cannonball. The painful recuperation left him with a lifelong limp. While convalescing, he began reading 'The Life of Jesus' and 'The Lives of Saints'. It was here that he found true peace, meaning and purpose. On September 27, 1540, Ignatius along with Francis Xavier and other companions founded the new order 'The Society of Jesus'. Ignatius served as Superior until his death in 1556 at the age of 65. The Jesuits have transformed the world both spiritually and secularly. Ignatius was beatified on July 27, 1609 and canonized saint on March 12, 1622.



St. Pope Pius X

*I was born poor, I lived poor,
I wish to die poor*

Feast Day: August 21st

Patron Saint of seminarians, first communicants, poor, immigrants and the sick

Giuseppe Melchiorre Sarto was born on June 2, 1835 in Riese, a farming village near Venice. His father was a mailman and his mother a dressmaker. Blessed with great love for God, at the tender age of 11, he desired to become a priest. He was ordained in 1858 and elevated to the Cardinalate in 1893. When Pope Leo XIII died, Cardinal Sarto was elected Pope and took the name Pius. His papacy was distinguished by approachability and affection. He often invited the poor and the priest at dinner and snuck out of the Vatican to visit the sick. His love for children was well-known. He carried candies in his pockets and taught catechism to street urchins. To this end, he also reduced the discretion age for First Holy Communion and propagated frequent reception of the Eucharist. Honoured as the 'Pope of the Blessed Sacrament' when he passed away on August 20, 1914, the Italian press wrote, 'Saint is Dead.'



St. Matthew

*'I desire mercy not sacrifice' –
Matthew 9:13*

Feast Day: September 21st

Patron saint of accountants, bankers, writers, teachers, security guards, actors

Matthew, the son of Alpheus (Mark 2:14), was a Galilean although some scholars inform us that he was a Syrian. A tax collector at Capernaum, he served Herod Antipas which earned him the disgust of the Jewish Pharisees and publicans. When summoned by Jesus, Matthew followed Him immediately and tendered Him a feast in his house where sinners sat at table with Christ. It is here that we hear those consoling words: 'I came not to call the just but sinners.' Tradition holds that Matthew, as an apostle, bore witness to Jesus's life, passion, death and resurrection through his Gospel.

I AM A COVID WARRIOR

I have been working in the COVID ward of the BMC hospital, rendering my service to the poor and needy coming from vulnerable groups. Never before have I ever experienced such a challenge in my life as during this time of COVID-19 and its complications.

Many doctors, nurses and health workers were infected and many were quarantined. There was chaos everywhere; and I knew that I too could easily get infected.

My total surrender and trust in God have strengthened my Immune System.

I will be with you always till the end of time (Mt 28:20).

*A thousand
may fall dead
beside you; but
you will not be
harmd
(Psalms 91:7).*

I am strengthened by these words. I am a frontline warrior, deeply indebted to the Lord for giving me an opportunity to serve humanity.

- Mrs. Premila Cutinho, Nursing Officer, BMC hospital (Nativity of Our Lady Community)



BEING A “FRONT-LINE” WORKER In Times of Covid-19

On 24th March, 2020, the government ordered a nationwide LOCKDOWN and the lives of 1.3 billion people Of India automatically came to a standstill. And the question was “how are we going to survive this lockdown?” And, then, we found we had time, plenty of it, in hand!

Many people lost their jobs; others started working from home. But some people had to risk their lives going to work. They were the frontline workers - our very own COVID Warriors.

Being a nurse during this crisis was a huge challenge. They say nurses are warriors. So, what are we doing now, that is different from what we have been doing all along?

Well, it is definitely a risk to work with corona patients in the COVID wards for 6 to 8 hours, wearing a PPE (Personal Protection Equipment) kit which is quite suffocating because the N-95 mask is covered with another 3 layers of masks; there is no AC, no water, restricted use of washrooms. No glucose or fresh air; just re-breathing your own carbon dioxide is difficult; but witnessing your own colleagues fainting and getting infected is even more heart-breaking.

And, then, coming home to our loved ones, knowing the risk we put them through. Just as we care for the families of others in hospital, we have to care for our own families at home.

But, even after all these months, the battle is still on, not just for the front-line workers, but for every individual on the planet. Let's live in a holistic way; always keeping Safety First!

After all, it's a matter of how we look at things: Cos, when you change the way you look at things, the things you look at also change.

**- Melanie Lyan D'Souza, Postgraduate Nursing Student
(Nativity of Our Lady Community, Kharodi)**

HAVE YOURSELF A HEALTHY (NOT SO) LITTLE LOCKDOWN!

Before the world of today knew life during a pandemic and lockdown, it knew crazy unstoppable drill and mundaneness. Now we are in a cinematic universe where the movie has been paused and no one knows when it will play again. Most of us have realized that as much as our lives exhausted and tired us, our sanity was maintained because of the routine.

The 'lockdown' has taught us life lessons. Our physical health has become a priority. We have many precautionary measures to boost immunity and safeguard our bodies. Many of us have had our lives put on hold, while we are surrounded by a lingering air of uncertainty. Whether we open WhatsApp messages or read the news, we are bombarded with negativity from all sides. And, so, it has become crucial for us to take care of our souls and our minds too, since "An idle mind is the devil's workshop".

It took me a while to adjust to life during the 'lockdown', but I've engaged myself in various activities to keep myself busy. I would like to share some of the things I've been doing and hope it helps someone.

For my mind- Books: I've always been an avid reader. B.Ed is a hectic course and so I found it very difficult to find time to read ever since I started doing my degree. So,

the first thing I did when the 'lockdown' began was to pull out a novel, 1150 pages long, and devour it. Books always transport me to a better place.

For my heart- Music and Movies:

Whether it is playing the keyboard or singing or composing or arranging music, I'm always happier when I'm lost in music! I've used my time to write music, collaborate with friends, and also launched my "YouTube" channel. I enjoy movies that portray the harsh realities of life as well as make one believe that the world can be a beautiful place. To mention a few, *The Greatest Showman*, *A man for all seasons*, *The Shawshank Redemption* and *August Rush*, are among my favorites.

And most importantly, for my soul- God! I spend time reading the Bible every day. I talk to the Lord about things happening around and in my life. I've always wanted to read the Bible from cover to cover continuously at least once, and the 'lockdown' was a good time to begin!

It is easier said than done, but this is a time to focus on and nourish ourselves! Let us do what makes us happy! This isn't toxic positivity, for, if God carried the world through World Wars and plagues, He is holding us even now. This too shall pass!

- Candidly Yours -

Candida Maria Lobo (Gift of Love community)



When Teachers Became Learners Again



Normally, in June: teachers, students, parents, gear themselves up for the reopening of school.

But this June 2020 was one of difficulty, trouble, suffering, and challenge due to the pandemic.

Students are at home. They need psychological stability, strengthening and encouragement. Parents are facing a fear psychosis and don't want to send their children to school unless a vaccine is found! Completely justified!

But Education can't be stopped. So, if students can't come

to school, the school has to enter their homes. That's how "Online Education" became the need of the hour.

For us, teachers, moving from a physical to a virtual classroom was indeed challenging - an entirely new domain.

Initially, we felt intimidated. Many thoughts raced our minds. Would we be empowered and well equipped? Is it possible to train ourselves in such a short time? But Philippines: 4:13 assures us that we are able to do all things in the One who empowers us within. Yes, we had to be proactive to help our students and parents.

So, after several online training sessions on YouTube and exploring tools used in the Google Classroom we embraced the "NEW" with our open arms.

Though this VIRTUAL teaching platform can never be a replacement for TEACHERS, we found that it can be used effectively to enhance the learning process.

One big disadvantage, however, is that face-to-face interaction with classmates is missing, with the fun, laughter, and joy of regular school. But, for now, students have logged into the Google Classroom and online teaching is going on without a hitch.

This time of the pandemic can never be a blessing. But, on second thought, there was a tiny blessing in disguise: It made us "TECH SAVVY".

-Freeda Bhobe

Head Teacher, St. Anthony Primary School (Our Lady of Fatima Community, Rathodi)

If it has to be, it's up to me!

Images of Mother Mary kept passing through my mind

The LOCKDOWN has been a turning point in all our lives emotionally, physically, mentally, and, most important, spiritually.

It started during Lent with a hope that things would get better by Easter and we'd all come together in celebration again. Little did we know that God had different plans for us!

In our family, two of us work for essential services; so, we had to go to work irrespective of the current situation. And that's where it all began, where we put others before ourselves, saying: "If God has chosen us to serve the community He surely will take care of the rest".

We were scared but the only thing that has kept us going was prayer. Hearing Mass together, attending various novenas, listening to podcasts on the Archdiocesan site - we learnt a lot about each other and have grown as a family. It has given us time to discuss issues around us and helped us to understand each other's perspectives and opinions.

We not only celebrated birthdays, but also various feasts, because just as "staying physically fit" is important, so is it to be "spiritually fit". This meme making the rounds was very true:



Covid-19 shut our churches but actually it opened our hearts to welcome God into our very homes.

For quite a few days images of Mother Mary kept passing through my mind while I had various other thoughts going on. So I decided to try my hand at them and the results were the amazing sketches I present here! I realised no matter how hard it gets we just need to surrender all into the hands of Mother Mary and she'll take care of us. Yes, we have to work selflessly towards helping the community; similarly, we must use our talents to spread the word of God.



I've learnt that: *If it has to be, it's upto me! And, again, I say to you if two of you agree on earth about anything they ask it will be done for them by my Father in Heaven.* Mathew 18:19-20.

So let us ask for wisdom to allow the required change in us which will in turn change the worst situation into the best through the power of our prayer.

- Clarissa Pereira

(Holy Family Community, Jankalyan Nagar, Zone 7)



Spiritual Health is Wealth

We Kept Our Soul in Good Condition

The title is very apt. Our soul should be in good condition so that we may be in good health.

As St. John writes to Gaius: *Beloved, I hope you are prospering in every respect and are in good health, just as your soul is prospering.* 3 John 1:2.

During the last three months of the LOCKDOWN, our family followed the above text and kept a fixed daily schedule of praying together, reading and meditating on God's word, eating healthy food, plus regular exercise. This regime has kept us all in a stable condition.

At a time like this good health is most important. Wealth cannot save us from Covid-19 but good health and God's word surely can. Rather than just looking to ourselves and our own safety, we helped poor people on the roads and Covid-19 patients in hospitals. When we, ourselves, have experienced the "God" kind of love, we can show support and love to others.

Again, my family and I maintained a positive attitude by meditating on this Scripture verse:

'A joyful heart is good medicine, but a crushed spirit dries up the bones.' Proverbs 17:22

We took the LOCKDOWN as an opportunity to relax and rejuvenate ourselves. The Word of God was a major help in maintaining our health and positive attitude.

Generally, people run after money to keep from sinking into debt and other problems, and fail to look after their health. But God inspires us to not to pursue wealth because God loves us and never forsakes us even in times of despair.

Quoting the scripture again, *Keep your life free from love of money, and be content with what you have, for He has said, 'I will never leave you nor forsake you.'* Heb. 13:5

In conclusion, when we live our life according to God's will, we shall be joy-filled, and live a healthy life. Wealth will flow supernaturally into our life. This was how we managed Covid-19.

- Sharon Dias, Std. IX (age 14) (Sacred Heart community)

Spending Precious Time with my two Cs

The extension of LOCKDOWNS has become overwhelming. Though externally calm, it is the chaos inside which makes every day tough. While we pray that the world heals soon, we start the process with ourselves, healing individually.

As a parent with two little ones, Cian and Cicacha (pronounced Cikasha) aged 12 and 6, I realised that we hadn't been able to spend this much time together since they were babies or toddlers!

So I decided to make the most of it. Instead of dreading it, why not see it as a gift to enjoy each other's company, love unconditionally, and get together, beyond textbooks and online studies?

We used the LOCKDOWN to learn life lessons - praying for complete health, of mind body and soul, seeking Jesus' counsel in all things, praying the rosary together everyday.

Making the little ones understand why we need to stay inside, without scaring them about social distancing; encouraging open discussion of feelings and problems, reassuring them when they missed going out to play with friends; getting them to exercise in spite of constraints of space was a great way of lifting moods.

Teaching cooking and household tasks which will help them to be independent later on and also have the dual benefit of an extra pair of hands to help around the house now.

But the best was creative crafts for fun and new learning. Both my Cs celebrated their birthdays during the LOCKDOWN! Cian prepared a Balloon backdrop and arranged a Magic Show for his little sister. Cicacha watched her big brother wide-eyed, and all of us felt thrilled!

In the new-found available time, these lessons for life helped us reconnect, have fun together and live a holistic healthy life! Thank You Covid-19! Thank You to my two Cs!

- Carol Rego
(Nativity of Our Lady community)



SPECIAL CELEBRATION



The Season of Creation

from September 1st - October 4th

(Feast of St. Francis of Assisi,
Patron of Ecology)

Was initiated on September 1st, 1989,
with a day of Prayer for Creation.
This year, 2020, marks the 40th anniversary,
with the theme: **JUBILEE FOR THE EARTH!**

During this Season of Creation,
we reflect on the relationship
between Mother Earth and our lifestyles.

This particular year all Christians pray for just
and sustainable systems which have been
revealed by the far-reaching effects of the global
COVID-19 pandemic.

Parish Special Event

ON – LINE WITH GOD

The month of June is always eagerly awaited. While the monsoon clouds shower relief, students gear up for their new academic year. To our parishioners and other fervent devotees of St Anthony – the month of June spells grace as they eagerly anticipate the Novena in honour of their beloved patron.



This year the clouds grew dense and dark as the Covid-19 pandemic hit our city. In the interest of health and safety, public celebration of the Eucharist was suspended. However, the global tragedy failed to deaden either our faith or our spirits!

Realising the boon of technology, our parish "Communication Cell" decided to go "On-line". Guided by our parish priest, Fr. Agnelo, the Parish Executive Committee with the "Communication Cell" undertook this responsibility as a labour of love. With Nelson Patel proprietor of *Godnel Studios* as our professional videographer, and sound managed by *Sunny Sound*, both of whom promptly obliged with their noble service, we were able to record the Novena services and Masses.

Encouraged by the earlier response on the creation of our parish website, we now decided to launch our YouTube channel. The promo video was widely circulated and viewed. We received tremendous support from our home parishioners as well as those from other parishes. All the necessary precautions required by the government guidelines were sincerely adhered to. The online novena services were successfully and systematically streamed, both in English and Marathi, from June 5th to June 13th, followed by the Feast Mass on June 14th, 2020, on YouTube as well as the local cable *Hathway*.

Thrilled by our fresh experience and having ironed out any wrinkles, we were all set to extend this online service to Sunday Eucharistic celebrations. Once again, with the help of *Godnel Studios* and *Sunny Sound*, we were happy and privileged to continue to bring Jesus to our parish homes and hearts.

We are grateful to Fr. Agnelo and our parish clergy team for their ceaseless support. We thank our dear patron, St. Anthony, for inspiring and motivating us as a team to render his tender love for Christ, through this virtual medium, as spiritual nourishment for all our parishioners.

May St. Anthony continue to intercede and bless us all!

- Shifra Patel

(with St. Anthony Parish Communication Cell)



**THE "NOVEL NOVENA"
to St. Anthony,
(June 5th - 14th, 2020)**

For our parish of St. Anthony the first half of June is crucial. The parish calendar is abuzz with several liturgical and pastoral events and activities. Parishioners and volunteers of all age groups eagerly await the novena week that

leads to our parish feast. Yet, this year, the devotees of St Anthony faced a testing situation. Having been quarantined for three months, since March, we realised the parish feast celebration was going to be no different.

In the wake of the current pandemic we anxiously prayed for a solution to help us participate in the Novena in honour of our patron. Our worries were laid to rest by our parish priest, Fr Agnelo, and parish team, Frs. Vinay, Francis Xavier and Michael, who, with the support of our parish "Communication Cell", led by Ms. Shifra and Mr. Cleopas, enabled us to participate in the daily Masses. We are truly grateful to our parish fathers and the "Communication Cell".

The "Novel Novena" this year was not only streamed on YouTube but also telecast on Hathway Cable Channel no 120, enabling the elderly and those not too comfortable with YouTube to also participate in the preparations for the parish feast.

The theme of the Novena was: 'Renewing the Small Christian Communities of our Parish Family'. We are grateful to Sr Manisha who suggested the theme and helped with the liturgical preparation. Ms Yucca and Ms. Abbe, members of the Executive Committee, coordinated with lectors, cantors, choir members and all those instrumental in the recordings of the daily Mass. A special thanks to Ms. Candida who oversaw and executed the musical arrangements for the Holy Eucharist in English. Yet another team coordinated the organisation of the Masses in Marathi. The hard work of both teams was a rippling success, as our parishioners, as well as devotees from afar, joyfully participated in the online services.

The altar decoration by Mr Peter Kinny and his team was well-appreciated by one and all. Our special expression of gratitude to Mr Nelson Patel, proprietor of Godnel Studios, and to Sunny Sound for graciously recording the Masses and editing the videos wherever necessary, so that the Novena was a prayerful experience and a blessing for all participants.



- Ms. Shaila Fernandez (Co-ordinator, St. Michael Community)

..... SEPARATED BY SPACE, UNITED BY SPIRIT

I would like to begin by thanking our patron, St Anthony, for his unfailing protection and intercession that made possible the online streaming of the Novena in preparation for his feast this year. The theme prepared by Sr. Manisha, 'Renewal of SCCs in our Parish Family', was apt. It provoked and enhanced our understanding of the distinct role of the "Small Christian Communities" in determining the vibrancy of the parish. We are the Church! This was both physically and spiritually experienced throughout the Novena Services.

Frs. Agnelo and Vinay celebrated the Eucharist in English, while Frs. Xavier and Michael celebrated in Marathi. The priests of our parish left no stone unturned in preparing and preaching their spirit-filled homilies. I would like to specially mention the sermon preached by Fr. Agnelo on the sixth day of the Novena: 'Who is the Church' was the

palpable question. The explanation that followed truly uplifted us, restoring hope and assurance amidst the current difficult situation.

The Feast Mass on June 14 was a dual celebration. Not only did we honour our beloved St. Anthony on this beautiful day, but we also worshipped Our Lord Jesus on the Feast of Corpus Christi.

"Unite ourselves in one heart and mind to praise and worship God" was the motto of the parish feast. Separated by space, the online Novena services and Eucharistic celebrations truly united us in spirit as we logged in to praise and worship our God.

Kudos to all who made this possible. God bless you.

- Ophelia G. Patel

(Co-ordinator, St. Francis Xavier Community, Kharodi)

..... **FAITH A-'LIVE'**

Difficult situations often make the unthinkable possible! Wouldn't one have imagined that Novena services would be impossible due to the current pandemic? However, all things are possible for those who believe. This year technology brought the Church to our homes. Gazing at our dear patron was comforting, to say the least. The online streaming was so clear that I could almost feel I was present within our beloved church! The same experience was shared by several friends and former parishioners who participated in the online services.

It wasn't a smooth journey but a successful one. Since it was our first attempt at live-streaming of Masses, there were a few technical glitches. But, in hindsight, all of these can be joyfully overlooked. The lectors, choir members, altar decorations, sermons, the clarity – and all those who worked behind the scenes truly brought our faith to 'live' through this amazing venture.

And, in retrospect, a small suggestion: We could have had the image of St. Anthony alongside the text of the Novena during the recitation.

May our patron, St. Anthony, intercede for us all, as we pray ardently for a control of the pandemic situation, hoping that we may be united with the Eucharist and the Church at the earliest!

- Maryann D'Souza

(Animator, Our Lady of Fatima community, Rathodi)



IDEAS

Youth Anthonian e-Fiesta. 2020

What do we do when the parish event closest to our hearts feels like an *impossibility*?

How do you feel when your Church parish feast has the chances of not feeling like a feast at all?

The Youth of our parish too felt this rush of emotions. Along with the novena and feast masses, the Anthonian Fiesta is something everyone waits for EVERY YEAR – some perform, some organise, but together we celebrate!

This year, because of the Covid-19 global pandemic, large gatherings were out of the question. The LOCKDOWN took a heavy toll on everyone, both physically and mentally. And this feeling of community, a sense of togetherness that our parish feast brings, looked far gone.

*Until, on an impulse, the AYG came up with the idea of virtual celebration:
an “**Anthonian E-Fiesta**”!*

If schools can have online classes, why can we not have online celebrations? And so, 15 days before the novena commenced, we began formulating our ideas. We had absolutely zero prior experience in this field. We thought of the events that could cater to all. We spread them over 4 days. The name “**Anthonian E-fiesta**” was chosen by a poll which we hosted on our Instagram page. Thus, began our incredible journey!

The most difficult part was encouraging participants to enrol. Although our parish has immense talent, this e-platform was new for most people. Recording a video, having it uploaded and seen by everyone on a social platform needs a mighty initial push.

With the help of PYC members in each zone, we managed to enlist 30 participants before the first deadline. However, as we closed registration, more and more people wanted to participate. This led to extending the dates and we ended up with over 60 participants!

Editing the videos and making sure they were uploaded on time was very difficult with a small team. But, day by day, the events were up on YouTube, and everyday, the entire parish was entertained in the comfort of their homes.

We received a lot of love and motivation through messages and comments. And, finally, the results were announced on the feast day, so everyone felt the importance of the day!

It wasn't a thoroughly planned event, it was experimental in nature with minimum (wo)man-power, but our aim was to make people feel the warmth of celebration, from the comfort of their own homes ... and we felt this was achieved!

When we think of *Health is Wealth*, we often forget mental health. Togetherness, affection and harmony are all important factors that help people's well being.

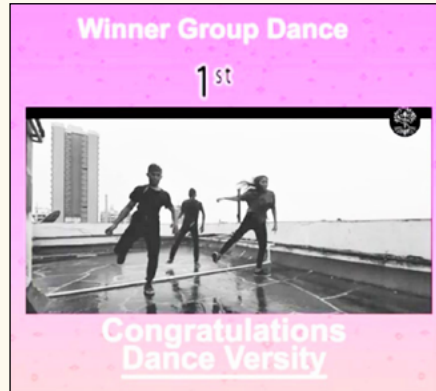
The pandemic has adversely affected our lives, but we, as youth, couldn't bear to see these little joys of celebration being taken away from our parishioners. That's the beauty of our holy “Mother Church”; she takes care of her children, and all we wanted to do was contribute to it!

- Fiona Caston (Parish Youth Committee (PYC) Representative)

CONGRATULATIONS to all participants, and especially to THE WINNERS



Football ka Vaar (Below 16)



Dancing (Group)



Football ka Vaar (Below 16)



Singing (Below 16)



Singing (Below 21)



Football ka Vaar (above 16)



Dancing (Solo)

Community Collaboration

“Eye-Openers during a LOCKDOWN

A COVID-19 Experience

As part of the Parish Inter-Religious Dialogue (IRD) team, my friend Joseph D'Silva and I were assigned the task of distributing free rations to our COVID-19 affected parishioners and also people of other faiths living in the vicinity. This *Free Rations Programme* was an OUTREACH by the parish, organised from early April '20 to June '20.



COVID-19 opened our eyes to issues way beyond a virus.

We soon realised that several people in our parish were affected in some way or the other - senior citizens, widows, un-cared for individuals - abandoned to fend for themselves! Among these, were many daily-wage earners whose incomes were stopped, leading to a family crisis in communities of all faiths, some of which do not get organized help! Though food was the basic cause for anguish, even more overwhelming were medical bills, gas, electricity, rent, and other expenses; above all, the insecurity of not knowing whether a job would still be there at the end.

We also realized that several youth in our parish are unemployed, some due to their own inertia, some because of low job opportunities or sheer lack of guidance; we realized that industries like shipping, hospitality, logistics, and the like can lead to catastrophe - no job, no salary and the ultimate feeling of desolation; a financial 'middle class' could soon be degraded to 'lower class'.

It is commendable that as a parish, St. Anthony Church, Malwani, conducted the longest *Free Rations Programme*, touching almost one thousand families with the help of our kind-hearted parish priest, Fr. Agnelo Fernandes, who never said “no” to helping those in need. Many SCC Coordinators / Animators also went out of their way to identify families in their communities. But what we touched was only the tip of the iceberg... we just skimmed the surface; a lot of quiet suffering and anguish still lingers on.

The Church can only do what is within its parameters. We, as parishioners, need to introspect as we look at the reality around our parish. It is important to extend a hand (both materially & financially) even if it means adopting one family at a time. Perhaps, the more affluent among us can give timely guidance, references and jobs to those who are “down, but not out”.

It is time to personally know the people living in our vicinity better - irrespective of religion. It is time for various Associations / Cells of the parish to get together and reflect on the role they play and whether it has a positive impact on the lives of people.

It is time for “Opening Our Eyes” not only to what a virus can do medically, but also to what we can do to ameliorate the quiet suffering and anguish that will continue long after the pandemic ceases - realities beyond the trauma of economic and psychological damage.

Let us not wait for another virus LOCKDOWN to make us aware of these harsh realities - rather, let us unlock our hearts, now, to the plight of the less fortunate around us.

- Stanley Fernandez (Inter-Religious Dialogue Team, St. Anthony Church)

“Reaching Out” to the Quarantined

In these trying times, health and safety are of paramount importance. The Animators of our *Infant Jesus* community contributed and extended a helping hand with groceries and rations to a less fortunate family (of *another faith*) which was quarantined for 14 days.

Similar assistance was rendered to four families of one of our newly-formed clusters by way of rations for 10 days – also housebound and quarantined.

- Bosco Patel
(*Infant Jesus Community, Kharodi*)



The Gift of Love Community reaches out in Love

The needy members of Christian families, and those of other faiths, too, were recipients of support from our community during the LOCKDOWN, by way of rations, and other necessities.

Our community was motivated by one of Fr. Angelo’s sermons, when he said: “how touching a gesture it is, when people, who have little, give to others out of that very little”. Having been blessed ourselves, our community members were inspired to help others who didn’t have much.

The Coordinator and an Animator went personally from house to house to talk to people and volunteer assistance of any kind, especially to the senior citizens. We were happy to be able to help around fifteen families in all.

- Charles Chettiar
(*Animator, Gift of Love Community*)

Appreciation

It is inspiring that St. Anthony Church was able to reach out to families of the poor and needy in our parish, as well as those of other faiths, during the difficult time of the Covid-19 pandemic and LOCKDOWN.

Thank you to Fr. Agnelo, our parish priest, Mr. Stanley Fernandez, the parish IRD team, and volunteers who supported this cause selflessly.

A special word of gratitude to our donors for support and timely help.

God bless each one of you and your families.

- Ramona Arrakal (Zonal Head, Zone VI)

“Reaching out”

Virtual Choir
In the time of Covid-19

Keeping our spirits alive and kicking in the confines of our homes has been a challenge for everyone. We, at St. Michael Community, took this opportunity to spread cheer and positive energy.

The idea of a virtual choral presentation was the brainchild of Mrs. Mary Pereira. Some would think singing comes naturally to everyone, but coordinating with participants “on webcam” was a challenge! Shania Pereira stepped in

to complete the finer nuances of editing the video with the title song: 'WE ARE THE WORLD'.

After a long month of training and coordinating, the final product was a slick choral presentation with singers ranging from 13 to 50+ years.

While the final result was well received, it did teach us some valuable lessons!

Firstly, a three-minute performance, involves 30 hours of editing and coordinating! And in the midst of chaos, there's always an opportunity to come up with something unique and wonderful.



- Rupert D'souza
(St. Michael Community, Zone 8)

Matters That Matter

THE HEART OF THE UNIVERSE

(This reflection was published in the Archdiocesan Memorial for the 5th anniversary of "Laudato Si")

God created "Everything" with love, and The Universe has a heart
The heartbeats were for love, peace and harmony
We humans walked the discovery path - in quest of innovation, technology
To find success, modernisation... and, entangled with our busy lives,
our eyes were blind to respond with love to the Universe!
The universe endured debris, toxic emissions, pollution!



Poor Universe was shattered by a "heartbreak" from its own creation
While the innocent animals and birds enjoyed their habitats in peace
Our actions threatened their happy and joyful living

Universe was in the red zone, patience had surpassed the limit
The rage of the universe, started warning the existence of life
The Universe' heart cried with frequent cyclones, earthquakes, floods
Did I hear the call - the call of the Universe?

The echoes of the voice of the Lord – come back to me
The Universe pleads with Humans – do you have a heart
Hello – I am the Universe;
DO YOU CARE FOR ME? ARE YOU LISTENING?
I AM HURT; I AM BLEEDING; LISTEN TO ME
Ohhh! There is no response.
Universe with a broken heart was longing to refresh
At that moment – A thunderbolt of Pandemic struck –

The Coronavirus

A soldier emerged in us to stay safe, locked indoors, and distancing
A pause to our busy life !!!!!!!!!!!

What happened? Universe started to mend its broken heart
Clear skies, oceans and seas ... the Earth has started to heal
Birds, animals and creatures found freedom
The pandemic was not desired, but our minds started re-thinking
We have become creative; We started to care for one another,
Struggle to travel back to our families - love calling - motherland
Indoors gave us time with our families, time for ourselves
Digital connect - Looking up to the Lord - for solutions & guidance.
Miles apart socializing and connecting with dear and near ones
making a difference to each other.

SLOW DOWN – SAYS THE UNIVERSE
GOD WANTS YOU TO WALK AND NOT RUN
WE HAVE TO JOIN OUR HEARTS WITH THE UNIVERSE
LIFT OUR HEARTS TO OUR LORD – REVIVE THE MELODIES OF NATURE
PUMP OUR HEART TO LOVE WHAT IS AROUND US
LET THE LOCKDOWN SEED GERMINATE
TO RECREATE AND RESSURECT THE BEAUTY OF THIS UNIVERSE
TO CELEBRATE OUR LIFE WITH GOD
TO LOVE, SERVE, HUMBLE OURSELVES
TO PRESERVE WHAT IS HEALING ... THE HEART OF THE UNIVERSE

*- Joyce Fernandes (Emmanuel Community)
(Bhoomi Park, Phase 2)*

YOGA

The "Christ-Connect"

June 21st 2020, marked the 6th anniversary of the *International Day of Yoga*, initiated in 2015, by the UNGA (United Nations General Assembly) when 177 countries accepted the proposal. It was Swami Vivekananda who first introduced India's ancient technique to the world in his famous speech at the *Parliament of the World's Religions* held in Chicago in 1893.



Yoga has its roots in the Sanskrit word *Yug / Yuj* which means *connect* - to unite spiritual, mental and physical faculties - to develop single pointedness of thought and desire. June 21st, being the longest day of the year, the *Summer Solstice*, when the Sun begins to move from North to South, marks a transition period ... the best time for meditation.

The main objectives of the *International Day of Yoga* are to awaken latent abilities, to fortify the body, concentrate the mind and connect with God, thus helping to spread peace, and reduce mental and physical illness. This year, because of the pandemic and lockdown, the theme was "*Yoga at home and Yoga with family*"

I learned *Christian Yoga* in the Czech Republic where the "connect" is continuously with Jesus' teaching *Love others as I have loved you*. The aim is to experience our Redeemer through spiritual awakening and share the benefits of emotional, physical and spiritual health with them.

We also studied human anatomy, as each and every asana has an effect on different parts of the body and thus can heal various ailments. *Om* is replaced with *Amen*, and Sanskrit is not used.

Concentration on Breathing (*Pranayama*) is one of the eight essential limbs of Yoga. Because of stress, our breathing becomes shallow and fast; but we breathe *Jesus Christ* and, in meditation, we allow His love and peace to pervade each and every cell of our body, thus healing us.

Likewise, in the various *asanas*, emphasis is laid on inhalation and exhalation, so that we are continuously in touch with the Divine. Together with *mudras*, they can lead to healing of specific ailments; for example, to stop a cold at its very beginning, normalise BP, or even to change dietary habits. Finally, in meditation, we attain the highest point of *Christ Consciousness*.

We can connect the whole world as one extended family, *Vasudhaiva Kutumbakam*, living in peace and harmony. Yoga offers this creative possibility to bring about change.

- Alice Mahadiková
(*Nativity of Our Lady Community*)

SPOTLIGHTING MUSIC FOR HOLISTIC HEALTH

The Therapy with 'Zero' Side-Effects

"No one is going anywhere soon" sums up that feeling of Ben Gibbard's recently produced song: "Life in Quarantine" at the end of March 2020. It was that realisation moment, when a short lockdown became an indefinite "stay-at-home" order. Where do we go from here?... was the question he raised that was predominant in almost every mind.

A group of professional musicians, out of work because of the coronavirus pandemic, took their talents to neighbourhoods during the "stay-at-home" order. As people heard melodious strains in their bedrooms, they came on their verandas to listen and join in the singing. Especially those who had been grieving over the loss of one or several members of a family felt a sense of comfort. And as the lockdowns were extended one after another, many a Mumbaikar who could barely carry a tune in his head, felt energized to rope in fellow brethren and produce virtual music videos across bedrooms and sitting rooms. Indeed, music can lift spirits, especially at such times.

Music Therapy is real! Have you heard of a curative to lighten many ailments for all ages with zero side effects? Indeed, soft and soothing music has a positive effect on the body, especially the nervous and circulatory system, the respiratory organs and digestive system.

Here's how it works!

Intense studies reveal that "a calming melody can cause an increase in the number of lymphocytes in the blood, which makes it easier for your body to fight diseases. With the help of music, one can get rid of anything from insomnia to a bad mood, while also improving memory and attention, and even developing all sorts of creative abilities."

What kind of music is good for your health?

The slower the rhythm, the faster the healing

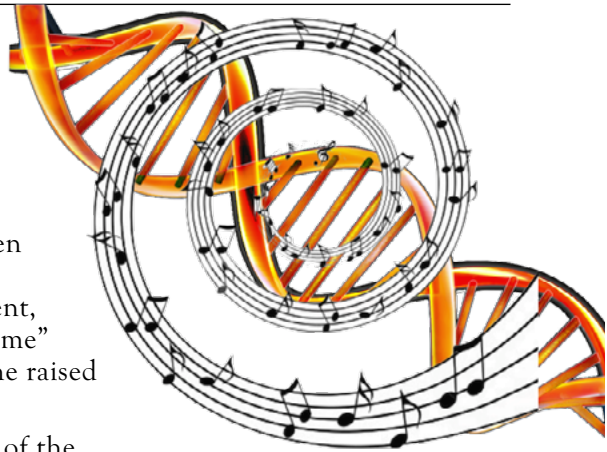
Proven: Influence of music on the human body!

- Soldiers wounded in battle, healed faster while listening to shamanic music.
- Japanese scientists reveal the influence of classical music on lactation of young mothers Result: a 20% increase in milk produced!
- Canadian scientists have proved that musically-inclined children have a higher aptitude for spatial thinking and mathematical abilities.
- Music helps stammering, heals coughing, and relieves bronchial asthma and fatigue.

What is the secret of music therapy?

It is said: the human body is a vibrating system, and the sounds of music are synchronized and ordered waves. Music tunes every cell of our body in a certain way, which results in many processes in the body being either accelerated or inhibited.

All the organs of our body have their own rhythm and tone of sound. Therefore, the concept of "right" and "healthy" music is formed from fairly realistic concepts: the rhythm (frequency) and loudness of the music.



It does not matter what music you listen to: opera, classical or modern rave. Psychologists have proven that “music with a rhythm of 60 beats per minute slows beta waves in the brain, causing the brain to stop experiencing stress”. That’s why listening to music with such a rhythm allows you to get rid of nervousness and anxiety, improves your ability to work and returns a sense of peace.

A school of music organized: WORLD MUSIC DAY, at the end of June 2020 - a live interactive music concert as they realized that: “music cannot only uplift your mood, but also improve your health”. Cheers to that thoughtful gesture!

Back again, drawn into the pandemic, a jokester quipped, "Like a good citizen, he wears his mask, and it's quite likely he'll be lonely without it when the quarantine has passed". "Mask" or "No Mask", if music be the food of life... play on!

- Rudyard Gomes
(Community of Our Lady of Fatima)

“Sports” in the time of Covid-19

“Online Coaching in Football” ???

It is impossible to fully gauge the impact of Covid-19! Lives have been uprooted and turned around, causing lasting changes in our functioning at every level.

We will eventually find our way out, as is our normal human tendency, but, for the moment, our entire “workout” routines have gone for a toss. Our physical as well a mental health has taken a hit.

As a football coach who trains every day, and also trains children in fitness and football skills, my industry is staring into the unknown, with uncertainty about the re-opening of schools and extra-curricular activities. Sports Academies and “private coaching” which used to bustle with life after school hours are probably staring down the barrel of a gun in the hope that things will improve.

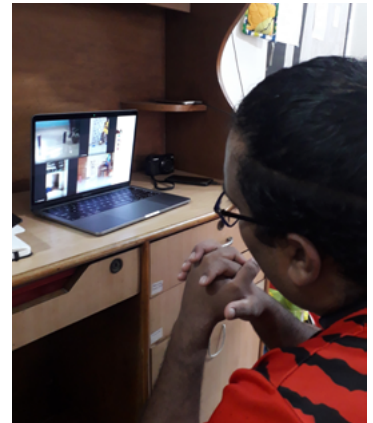
But, as mentioned earlier, our human tendency is to brush away the mud when we fall, to get up and start our journey again. So, too, in the present situation, the focus has shifted from personal attention and *face-to-face* teaching on the football ground to a more delicate and strenuous job of “online” learning.

Many football coaches and Academies have started “online” football coaching for children who miss their playgrounds, and still wish to brush up their football skills.

Knowing full well all the drawbacks and challenges of learning a field game from the small space at one’s home, we, coaches, still try to keep the class both interesting and educational.

The sessions I conduct are not only “fitness and football-skill” related, but also educational, as there is a lot of “theory” in football that was not focused upon when we had ground sessions. Thus, the children also gain knowledge about topics like *World Cup trivia*, various *World Leagues*, “*Structure of Indian football*”, and *Laws of the Game*, to mention but a few.

A very fragile and delicate state of mind can be created when children are locked at home, unable to move out, and loaded with online classes that many schools have started during the mornings.



However, the change to “Online Learning” does present us with opportunities to discover the true interests, skills and talents of our children. Let every child be involved with some activity of their choice, be it a sports or dance class, creative Arts, or maybe even a culinary class.

Productive activities are essential to maintain sanity in these trying times. Not forgetting an age-old saying, “An idle mind is the Devil’s workshop”.

- Warren Drego, St. Michael Community
*(The writer is a Licensed Professional Football Coach
working as Head Coach in SVIS Kandivali and Borivali.)*



“Mind-Body-Spirit” Connect

The T20 year began with much enthusiasm, cheer and smiles on many faces. A great kickstart to beat another round of 365 days, and we thought this year was going to pass normally like the others.

But to our surprise, Covid-19 stepped into the race, and, now, we know what the world has to face!

Truly, this pandemic has made us aware of our bodies and the care that we owe them. However, a **HOLISTIC** approach is very beneficial, and following the five **HEALTH** practices outlined below will help us achieve an integrated way of living.

With the Lockdown and *Home-Quarantine*, activity levels drop, and *Physical Health* is neglected. Setting a fixed time to keep the muscles pumping is the golden rule; performing daily house chores could suffice, with a balanced dietary plan to regulate food consumption and cultivate good habits.

Along with keeping our tummies full, our *Emotional Health* should also be maintained. Many erratic thoughts may buzz around provoking our emotions - Anxiety, Depression, Stress, or Loss of a loved one may put us to the test. The Archdiocese of Bombay has set up an initiative to reach out to those in such situations. Send a prayer request and the prayer warriors will intercede for you.

Though we are bound to stay indoors, *Social Health* can be ensured by positive interactions with family members. Sitting together over a cup of chai, browsing through photo albums to reminisce about the good old times ... step into their shoes, re- experience their joys and sorrows!

Be creative in maintaining *Intellectual Health*. Explore your talents, overturn the stumbling blocks in your path, give yourself the adrenaline push; but don't miss this chance! Use the Internet, to seek guidance from the experts and excellent resources available.

Most important is our *Spiritual Health*. In such trying times an ongoing spiritual warfare is taking place within us; we have questions but no answers, our faith is being tested for quite a long time now, we await a miracle but it doesn't seem to happen. Our spirit is troubled in this turmoil. The best we can do is to keep our lamps trimmed and ready for the arrival of the bridegroom (Jesus).

All the above practices, together, lead to a holistic approach to life, with maximum well-being, in the best possible manner, emphasising the importance of the **MIND - BODY- SPIRIT Connect!**

- Br. Ivan Kamble (Gift of Peace Community)

“Challenged to Change”

(An invitation to “Holistic Health” in our present times is a “Challenge to CHANGE”.)

Honestly, initiating change in our lives is easier said than done. It not only challenges us to view life differently, it may even challenge our very upbringing. For example, if you have been eating pork or red meat your whole life, and your doctor advises you against it, then changing your eating pattern seems almost impossible. We come up with excuses like, *How can we celebrate our weddings and festivals without meat?* ... And many others!

Thus, *Holistic Health* basically requires a change in our approach to life and involves building up our resources - mentally, emotionally, socially, physically and spiritually.

Now, this is not just a three-day course with tablets! But a change in our entire way of being and thinking! A weak mind does not help the body recover quickly. A lean spiritual life will not be help us face life's adversities. *Holistic Health* does not focus on a particular illness or part of the body, but on one's interactions with society, the environment, and oneself.

The LOCKDOWN has given us ample time to take stock of our lives. Even a small change will have a magnified impact on the body. Some measures which could be introduced are:

1. Yoga, stretching and exercising
2. Reading the Bible
3. Side-tracking negative thoughts by spending time in positive works
4. Eating mindfully, becoming aware of the overall effect of each food source
5. Giving positive affirmations to one's family and oneself.
6. Thanking God when one wakes up, and thanking the people in our lives.

Keeping one's body healthy is an expression of gratitude to God.

So, let's thank for this time we have been given to initiate small and simple changes in our lives, and our bodies will showcase the results.

- Rupert D'souza
(St. Michael's Community)

Over the past few months we have stocked up on food, sanitizers, dettol, and every other cleaning product possible. We have tried to create a safe environment by cleaning and sweeping and wiping and swabbing as many times as humanly possible. If we have taken such precautions for our body which is here today and gone tomorrow, how much more should we care of our soul!

Here are some “Tips for a Healthy Soul”



Eat a proper diet: Feeding our souls with the Word of God for Man *does not live on bread alone but on every word that comes from the mouth of God.* (Deuteronomy 8:3). Let's start reading the Bible; one chapter per day will keep the devil away.



Dress appropriately: Putting on the armour of God (Ephesians 6:11), using our faith to shield ourselves and wearing cloaks of righteousness. St Paul also encourages us to *Put on Christ* (Romans 8:29) to be true disciples, directed by Him.



Exercise: the soul by Prayer. Pushing ourselves to pray not only for ourselves, but for others as well; keeping a specific time for prayer and adhering to it.



Community exercise: Praying with family or over the phone with friends. Organize a Zoom Rosary or an Intercessory Prayer Meet.



Maintain hygiene: by refraining from any kind of evil like unwarranted anger, jealousy, envy, greed, pride or the like.



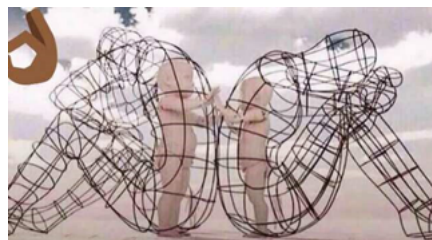
Indulge in a fruit scrub: Ask the Holy Spirit to fill you with the fruits of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.



Remain Hydrated: Drink from the streams of Living Water; the daily Eucharist and spiritual communion will fill us with fresh energy everyday.



Get enough rest: *Come to me, all you that are weary and are carrying heavy burdens and I will give you rest. (Matthew 11:28)*



This image is the most powerful art piece this year. The sculpture of 2 adults after a disagreement sitting with their back to each other. Yet, the inner child in both of them simply wants to connect. Age has taught us much, but what we can't live without is ego, hatred and grudges that prevent us from forgiving and moving ahead. The free spirit exhibited by children is our true nature.

Let's use this God-given time to accept the invitation of Jesus
finding peace and hope in Him.

- Yulricka Fernandes
(Gift of Peace Community)

“LOCKDOWN” or “LOCKUP” ? Now, LOOK UP!

This is simply amazing! That a simple 8-letter word, **LOCKDOWN**, has straddled our entire globe, reaching the 8 cardinal points of our planet Earth in a few months! However, the meaning assigned to this word varies from person to person. A lockdown imposed by a Government for the good of the people need not be a ‘lockup’ which has overtones of a “prison”! It all depends on **HOW a person visualizes the situation and responds**. A crisp couplet aptly illustrates this:

*Two men looked out of the prison bars;
One looked down and saw mud; the other looked up and saw stars”!*

The present **LOCKDOWN** is an almost universal experience. Where do **I** stand? Do I choose to keep looking and feeling “down” or as if in a “lockup”? Or am I ready to change my stance and begin “looking up”? Herein lies my choice, my challenge!

There is no *one and only* definition of “good” health. There are patients with a terminal illness who walk about with a smile and are sensitive to the needs of others; while there are people whose every need in life is met, yet are perennially miserable, wearing a “Poor me! Pity me!” placard for all to see.

What then makes the difference? One would need to understand the close connection / interaction within the human person of **BODY-MIND-EMOTIONS-SPIRIT**. Good Health is a result of these 4 elements integrated and in harmony. Somewhat like a 4-wheeler. Take off one wheel, or drive with one punctured and we know the result! Try to gear the front 2 wheels forward while reversing the back 2 simultaneously...! Perhaps seen only in superman stunts!

We lay so much emphasis on what we can see – the body, the *nam-rupa* of a person and often ignore the other 3 inner forces that mostly control the body. If we suffer even simple ailments we rush to a doctor or resort to medications of all kinds. *Covid-19* has aggravated this tendency somewhat understandably. Masks, sanitizers, soap, steam, social distancing, and immunity building are recommended as protection

from the dreaded virus. Perhaps we are overlooking the tumultuous storm in our inner worlds that is rocking our “boats”, throwing up a “tsunami” of unbridled emotions - fear, anxiety, hopelessness, restlessness, loneliness, grief, leading to anger, temper tantrums, family stress, broken relationships, and, even, utter despair! Who will save us? What can bring us peace again for our “4- wheeler” to run smoothly?

While we look after our bodily needs, resorting to medical help if needed, we need to also take care of our mental and emotional needs, to enter an “I.C.U.” - an “INTENSIVE CARE UNIT” to tend to our mind, emotions, and spirit with great love and sensitivity to our “inner world” and that of others too.

It is not always easy or possible to do this alone! A confidant or trusted friend may guide and encourage us. Above all, we have God, loving Father and Creator, to whom we can turn 24x7!

In our parish, since May 10th, 2020, we have set up a small team - a **HOPELINE** - of psycho- spiritual counsellors who have volunteered to give of their time, and experience to provide a “little light in the dark”, a listening ear, or a “shoulder to cry on” (virtually for the present!). We encourage parishioners to spread this word, so that “No one should be in need”. *SEE INNER BACK COVER FOR DETAILS.*

The LOCKDOWN has also brought many blessings - unfolding potentialities, hitherto hidden, for growth and development, for bonding with all humankind, for honing skills, for nurturing our sensitivity to Nature with the inherent imperative to care for our common home.

Our Holy Father, in a timely reminder of "our interconnectedness in vulnerability as members of one human family" warns us "to guard against a lurking, dangerous selfishness that infects many of us more than Covid-19". Indeed, Life is beautiful when others are happy because of us.

- Sr. Manisha, rscj

Dear Elders in society,

From us Youth to you

We the youth of today would like to thank you for meeting our needs, protecting us and giving us a safe environment. This means a lot to us young people who are entering into a world that is unknown to us and sometimes a bit scary. It seems exciting and amazing - it also makes us weary and anxious at times. “Can we fit in?” “Are we capable?” “What if.... What if....?” The change from leaving childhood and entering into adulthood is very daunting. It would help if elders remembered their own youth and the challenges it posed.

Mostly everyone thinks ‘this generation has it easy’ and most of the time they are right in thinking so. But not everything is easily. Physically yes, we get our notes online, our text books can be further explained using search engines, we can chat easy, we can order food, look for clothing online the list is endless. Globalisation has brought the world in your backyard so you really don’t have to travel to Paris to taste exclusive cheese.

But here’s the big difference. We have to navigate different fast moving environments, we have to realise our potential faster, navigate successfully and live on the edge all the time if we want to fit in. Teachers expect faster submissions because we have the Internet which means we submit assignments faster. Expectations have grown and while youth face this huge chasm ahead, they begin to get weary in the twilight. Tags like FOMO (Fear of missing out) / know it all / spoilt don’t help either.

Inter personal relationships are a complete chaos - they have become very complex. These overwhelming barriers lead to stigma, shame and discrimination. Friendships have become fluid; youth find it sometimes very difficult to fit in, some try very hard to change their behaviour to adjust. Some become more settled independent of their friends. Some families are very liberal, some are too strict, some strike a balance. This causes extreme anxiety for youth who are craving for freedom. Many of us do not understand the danger some situations pose, because we see our peers playing with fire and they aren’t hurt. Sometimes they are and we choose to neglect that.

Sometimes when there is so much to do and so many expectations to meet. The finish line seems to be moving further and further away. It doesn’t seem close at all. My only submission to you elders is treat us with a little patience; we are trying to cope too. We are trying to keep up and ease out our creases. We need your support we can’t finish this race alone, we need your encouragement, your care and your prayers.

Yours sincerely
Adolescences all over.

Navya Souza
Holy Family Zone 7

संपूर्ण आरोग्य

कोरोनाच्या या काळात स्वतःचं आणि इतरांचं आरोग्य मास्क वापरून, सतत हात धुऊन आणि सामाजिक अंतर पाळून कसं जपावं याला महत्त्व प्राप्त झालं.

या निमित्तानेच प्रमुख धर्मगुरु **फा.अॅग्रेलो फर्नांडीस** यांनी आपल्यासाठी संपूर्ण आरोग्य कसे राखावे ह्यासाठी काही टिप्स दिल्या आहेत.

‘आरोग्य हीच संपत्ती’ याचे पुढा एकदा दर्शन संपूर्ण जगाला **कोविड-१९** म्हणजे **कोरोना** या आजाराच्या निमित्ताने झाले. टाळेबंदीमध्ये इतर सर्व प्रकारची भौतिक उत्पादने (टी.व्ही., फ्रीज, ऑटोमोबाईल इ.) बंद होती; परंतु शरीराची भूक भागविण्यासाठी लागणारे अन्नधान्य, भाजीपाला, फळे यांची विक्री मात्र सुरु होती. याचाच अर्थ इतर सर्व सुखसोयी आपल्या जीवनात नसल्यातरी माणूस जगू शकतो. मात्र अन्नाचा कण पोटात गेला नाही तर श्वास केव्हाही थांबू शकतो हेच यामधून दिसून आलं.

आरोग्य किंवा एखाद्या विशिष्ट अशा आजारामुळे रुग्ण व त्याच्या भोवतालचे काळजी घेणाऱ्यांचं जगणं अवघड बनून जातं. आरोग्य उत्तम ठेवायचं असेल तर त्याविषयीची जागरूकता आपल्यामध्ये असायला हवी. व्यायामामुळे आपण थोड्या फार फरकात आपल्या शरीराची उत्तम प्रकारे देखभाल करू शकू परंतु चांगल्या शारिरीक आरोग्यासाठी मनाचे आरोग्य ठणठणीत असायला हवे.

आरोग्य म्हणजे आजारी असताना औषधे वेळेवर घेणे नव्हे तर आजारापासून मुक्त राहण्यासाठी निरोगी जीवनशैलीची सवय लावून घ्यायला हवी. ‘उपचारापेक्षा प्रतिबंध बरा’ अशी जीवनपद्धती आत्मसात करायला हवी.

आरोग्य हे संपूर्ण स्वरूपाचे असायला हवे. शारिरीक तंदुरुस्ती, मनःशांती, सकारात्मक श्रद्धा, आध्यात्मिक वृत्ती आणि प्रेमळपणा ह्या सर्व गोष्टींनी युक्त असे व्यक्तिमत्व असायला हवे. एव्हाना आपल्या लक्षात आलंच असेल की, संपूर्ण आरोग्याच्या दृष्टीकोनातून जीवनशैलीवर संयम राखणे ही सर्वात कठीण परंतु चैतन्यदायी प्रक्रिया आहे. याचाच तपशीलवार वेध विविध अशा पैलूंमधून घेण्याचा हा प्रयत्न.

शारिरीक आरोग्य : शरीर तंदुरुस्त ठेवण्यासाठी नियमित व्यायाम (चालणे, धावणे, अॅरोबिक, योगा इ.), नियंत्रित आहार, व पुरेशी विश्रांती आवश्यक आहे. रक्तदाब, मधुमेह, हृदयविकार हे आजार वरील सर्व गोष्टी व्यवस्थितपणे सुरु असल्या तरी आपण तंदुरुस्त राहू शकतो.

बौद्धिक आरोग्य : वृत्ती चौकस म्हणजे शोधक स्वरूपाची असली की बौद्धिक आरोग्य सुस्थितीत राहू शकते. नियमितपणे नवनवीन गोष्टी शिकत राहून ज्ञान वाढवित राहणे, गायन, वाचन, संगीत, नाटक, सिनेमा, पाककृती (स्वयंपाकाचे नवनवीन पदार्थ), चित्रकला यासारखे छंद जोपासणे यामुळे मेंदूला व्यायाम मिळून सक्रीय राहू शकतो.

सर्जनशीलता आणि नवकौशल्य शिकण्यावर भर दिल्यामुळे स्वतःचे व इतरांचे प्रश्न सोडविणे सोपे जाते.

सामाजिक आरोग्य : इतरांबरोबरचे संबंध आणि संपर्क वाढविण्याने आपले सामाजिक आरोग्य सुदृढ होऊ शकते. ह्यामध्ये देवाण-घेवाण वाढून नातेसंबंधाचे वीण आणखी घट्ट होऊ शकतात. ह्यामुळे नैराश्य, एकलकोंडेपणा, उदासीनता हे आजार होत नाहीत. माणसं जोडण्याची कला ज्यांना अवगत असते ते कायम आनंदी दिसून येतात.

थोडक्यात एखाद्या सामाजिक संस्थेमध्ये स्वतःला झोकून देऊन समाजकार्य करीत राहणे.

भावनिक आरोग्य : मानवी जीवनात भावनांना सर्वात जास्त महत्त्व आहे. स्वतःच्या व इतरांच्या भावनांना समजून घेणे, इतरांबरोबर त्या व्यवस्थित शब्दात पोहचविणे आणि भावनांवर नियंत्रण ठेवणे म्हणजेच भावनिक आरोग्य होय.

(continue on page 25)

(continue from page 24)

सुखात-आनंदात हरळून जाणे व दुःखात गळून पडणे म्हणजे भावनांवर नियंत्रण नसल्याचे द्योतक आहे. निराशा, अपयश, ताण-तणाव अशा प्रतिकूल परिस्थितीत सुद्धा स्वतःला कसे सावरायचे याची कला शिकणे म्हणजे आत्महत्या, एकाकीपणा यापासून चार हात लांब राहण्यासारखे आहे.

कोरोनाच्या या महामारीत कितीतरी जण भीतीने ग्रासलेले दिसतात, याचाच अर्थ जीवनातील प्रतिकूल परिस्थितीसाठी स्वतःला तयार केले नाही असा होतो.

मानसिक आरोग्य : मानसिक आरोग्य म्हणजे मनाची अवस्था. मनाच्या मशागतीसाठी सकारात्मक विचारसरणी हा रामबाण उपाय आहे. वैद्यक शास्त्रानुसार बरेचसे आजार हे माणसाच्या मनामध्ये तयार होतात. यालाच **सायकोसोमॅटिक** म्हणजे मनाचे आजार म्हणतात. प्रेमळ व करुणामय अंतःकरणात नकारात्मक विचारांना जागा नसल्यामुळे त्याचा मनावर चांगला परिणाम होतो.

आध्यात्मिक आरोग्य : तीव्र स्वरूपाची आध्यात्मिकता आरोग्य व जीवनमान उंचावण्यास मदत करते याची साक्ष जगभरचे श्रद्धावंत देत असतात. आध्यात्मिकता म्हणजे धार्मिकता नव्हे हे येथे लक्षात घ्यायला हवे. मूल्याधारित जीवनपद्धती जगणे म्हणजे प्रेम, प्रामाणिकता, स्पष्टव्यक्तता, इतरांबद्दल कळकळ, सामाजिक न्यायाच्या बाजूने मत व्यक्त करणे व महत्वाचे म्हणजे निस्वार्थी जीवन जगणे म्हणजे **आध्यात्मिकता** होय. धर्माचरण म्हणजे धर्माने शिकविलेल्या मूळ शिकवणीनुसार आचरण करणे, नियमित प्रार्थना, ध्यानसाधना व परोपकार यामुळे आध्यात्मिक आरोग्य बळकट होऊ शकते.

एकूणच रक्तदाब, मधुमेह, हृदयविकार, पक्षाघात, नैराश्य (डिप्रेशन), स्मृतीभ्रंश (डिमेशिया), अल्झायमर यासारख्या आजारापासून दूर राहण्यासाठी वर उल्लेखलेली जीवनशैली जीवनात उतरविल्यास संत अन्थनीच्या कृपादानाने कोरोनाच्या या महामारीत आपण निर्भयपणे जगू शकू.

अनुवाद : शेखर पारवे

ऑनलाईन मिस्सा

शब्द देही झाला आणि त्याने आम्हामध्ये वस्ती केली

कोरोना वैश्विक महामारीचा प्रादुर्भाव होऊ नये म्हणून संपूर्ण जगभर लॉकडाऊन करण्यात आले.

भारतात व मुंबई शहरात २० मार्च २०२० पासून जमावास बंदी घालण्यात आली आणि आजतागायत कधी न घडणाऱ्या गोष्टी घडल्या आणि त्यात आपली पवित्र मिस्सासुद्धा बंद झाली.

महामारी वैश्विक असल्यामुळे भाविक ख्रिस्तयागापासून वंचित न राहवे म्हणून कार्डिनल साहेबांनी सखोल विचारविनिमय करून ऑनलाईन मिस्सा सुरू केल्या अनेक धर्मग्रामांत विश्वासु भाविकांसाठी ऑनलाईन मिस्सा सुरू झाल्या.

माझा देव आपल्या संपत्त्यनुरूप तुमची सर्व गरज ख्रिस्त येशुच्या ठायी गौरवाच्याद्वारे पुरविल (फिलीपैकरांस पत्र ४; १९) प्रमुख धर्मगुरु फा. अँग्रेलो फर्नांडिस व आपल्या धर्मग्रामांत असलेल्या मिडीया विभागाच्या प्रयत्नांनी सोनियाचा मंगल दिन उजाडला व संत अंतोनीच्या वार्षिक नवदीन भक्तीने आपल्या धर्मग्रामामध्ये ऑनलाईन मिस्साला सुरुवात झाली. संत अंतोनीची नवदीन भक्ती कशी होईल ह्यांची उत्कंठा पूर्ण होऊन असंख्य भाविक सहभागी झाले.

बऱ्याच अवधी नंतर पवित्र मिस्सा ऐकली, साजरी केली, अनुभवली व शरीराची आध्यात्मिक भुक् तृप्त झाली. मन पावित्र्यात न्हाऊन निघालं. सर्व फादरांच प्रवचन ऐकलं. चर्चचं दर्शन घडलं. गायनांचा सुमधुर भावनिक व हृद्यस्पर्शी आवाज कानी पडला. गॉडनेल्स स्टुडियो व सनी साऊन्ड ह्यांची उत्कृष्ट, स्पष्ट व अप्रतिम प्रक्षेपणाची साथ ह्यामुळे मिस्सा ऐकली नाही, तर घराघरात साजरी झाली.

कृतज्ञता हा उत्तम दृष्टीकोन मानून परमपित्याला, फा. अँग्रेलो फर्नांडिस व त्यांचे सर्व सहकारी धर्मगुरु ह्यांना आध्यात्मिक पर्वणी पुरविल्याबद्दल शतशः धन्यवाद...

हेलन किणी

Adult Quiz

Dear Adults let's take a walk down memory lane to your "Sunday School" days.

Fill in the Blanks

1. The number of books in the Bible are _____. The Old Testament has _____ and the New Testament has _____. There are _____ Gospels.
2. God created us to _____.
3. There are _____ petitions in the prayer Our Father. _____ taught us this prayer.
4. There are seven _____ and ten _____.
5. Before Vatican II mass was celebrated in _____ (language).
6. CCC stands for _____.
7. The first pope was _____.
8. There are _____ seasons in the Liturgical calendar. They are _____.
9. The father of faith is _____.
10. The church celebrates the birth and death of _____, _____ and _____.
11. The two creeds used in the catholic church are _____ and _____.
12. Amen means _____.
13. Holy water before entering the church reminds us of _____.
14. The Eucharist is divided into _____ parts. They are _____.
15. The Archbishop of Bombay is _____.

State whether True or False.

1. Deacons can listen to confession.
2. The Eucharist is the body, blood soul and divinity of Christ.
3. Apart from Sundays, there are 10 days of obligation in the church.
4. Imprimatur can be signed only by a Bishop.
5. The Chalice is a compartment used to keep any remaining consecrated host.

Friends... Please write down the answers next to the Question Number and send your responses to mobile number 9820748229 by 10th September, 2020. Please mention your name and zone.

If you found this quiz easy don't forget to whisper a prayer for your parents, priests, catechists and all who formed you in faith.

Answers to Adult Quiz (April - June)

Across

2. Spies were sent from here...Shittim
5. Son of Aaron ...Eleazar
9. This tribe carried the Ark of the Covenant...Levi
11. This fell In Jericho when the Israelites blew their trumpets ...Walls
13. The Lord told Joshua to stretch his hand with a javelin to win this place...Ai
15. One of the Amorite kings...Sihon
16. This was one of the tribes who received their land from Moses...Reuben
17. Number of Chapters in this book...Twenty Four
18. The priest...Phineas
19. The people from this place deceived Joshua...Gibeon
20. Had reported honestly to Moses ...Caleb
21. The water formed a dam here...Adam
23. A mountain to the north of the land which was promised to the Israelites...Lebanon

Down

1. Days the Israelites marched silently around Jericho...Six
3. Number of days that the spies hid in the mountains...Three
4. This was a city of refuge in Galilee...Kedesh
6. No iron tool and uncut stones were used to build this...Altar
7. Attendant of Moses...Joshua
8. This river was to be crossed...Jordon
10. His bones were carried from Egypt...Joseph
12. Greatest man of the AnakimArba
14. Joshua gave his final address here and recollected the history of Israel...Shechem
16. The spies lived in her house...Rahab
19. The Israelites encamped here and also celebrated the Passover...Gilgal
22. Moon stopped here...Aijalon

Kiddies Corner

Using the pictographic clues find out the verses. They are all from the gospel of Matthew.



Answer: I have called my son out of Egypt



Dear children... Please write the answers to this Quiz on a sheet of paper and send a picture of the same to mobile number 9820748229 by 10th September, 2020. Please don't forget to mention your name, standard and zone

WINNERS OF LAST KIDS QUIZ (ALL THE ENTRIES)

Sr No	Name	Std	Zone
1	Sage Fernandes	1	4
2	Anthony Rodrigues	8	2
3	Renita Alva	10	2
4	Rickson Alva	8	2
5	Aidan	6	7
6	Angel Lasrado	7	2
7	Jude Fernades	10	6
8	Mark Fernandes	8	6
9	Joel Fernandes	7	7

Called to Eternal Life



	Name	Date	Age	Relation	Area
1	Nicholas A. Anthony	02-04-2020	79	S/o Arickswmey	Malwani
2	Raul Gomes	06-04-2020	88	S/o Joaquim Gomes	Jankalyan
3	Richard Camil Pinto	08-04-2020	71	S/o Camil Pinto	Malwani
4	Geeta Hillary Pinto	10-04-2020	66	W/o Hillary F. Pinto	Jankalyan
5	Dulcine Castelino	11-04-2020	85	W/o Edward Castelino	Jankalyan
6	Ledwin Pedru D'souza	13-04-2020	76	S/o Pedru D'souza	Kharodi
7	Suzanna Koli	14-04-2020	84	W/o Paul Koli	Malwani
8	Jenny Jose	16-04-2020	44	W/o Jose Rasalain	Malwani
9	Magan Madhav Mecwan	26-04-2020	69	H/o Selvarani M M Mecwan	Jankalyan
10	Tresa Pereira	26-04-2020	68	D/o Jerome Pereira	Rathodi
11	Rosy Jerry Fernandes	30-04-2020	87	W/o Jerry Fernandes	Jankalyan
12	Saleth Meri Ganraj Vaniyar	02-05-2020	76	W/o Ganraj Vaniyar	Malwani
13	Doris Lucy Gomes	12-05-2020	86	W/o Gregory A. Gomes	Rathodi
14	Austin C. Gomes	13-05-2020	68	S/o C. Gomes	Malwani
15	Augusta Christalina Fernandes	15-05-2020	87	W/o Anthony Fernandes	Malwani
16	Sylvester Francis D'souza	23-05-2020	84	S/o Francis D'souza	Marve
17	Sarita Sydney D'souza	26-05-2020	50	W/o Sydney D'souza	Marve
18	Degu Pasku Koli	29-05-2020	87	S/O Pasku Koli	Malwani
19	Isabel Salwin Patel	30-05-2020	73	W/o Salwin Patel	Kharodi
20	Bernard Gabriel Parera	04-06-2020	66	S/o Gabriel Parera	Inaswadi
21	Ramesh Gopal Acharya	04-06-2020	42	S/o Gopal Acharya	Malwani
22	Anthony Henry Saldanha	09-06-2020	67	S/o Henry Saldanha	Marve
23	Ceasar Colaco	10-6-2020	78	S/o Mathew Fernandes	Malwani
24	Peter Francis Fernandes	11-06-2020	73	S/o Alex Manuel Fernandes	Malwani
25	Anthony John D'Souza	20-06-2020	62	H/o Maria A. D'Souza	Malwani
26	Veena Fatima Claro Menezes	20-06-2020	47	W/o Claro Menezes	Kharodi
27	Cathrine Naskar	22-06-2020	48	H/o Joachim Naskar	Kharodi
28	Fatima Minguel Fernandes	23-06-2020	64	W/o Minguel	Jankalyan
29	Clara Rozario	28-06-2020	81	W/o Peter G. Rosario	Kharodi
30	Piyad John Viegas	28-06-2020	85	W/o John Viegas	Malwani
31	Nicholas Paul Gomes	29-06-2020	55	S/o Paul Gomes	Malwani

Forthcoming Events

AUGUST		SEPTEMBER		OCTOBER	
4	Feast of John Marie Vianney	1	PPC Meeting		International day of older persons
6	Transfiguration of the Lord	5	Feast of St. Teresa of Kolkata Teachers' Day		Thanksgiving Sunday
9	Vianney Sunday – Clergy Day		Feast of the Nativity of the Blessed Virgin Mary.		PPC Meeting
14	Feast of Maximilian Kolbe	8	Day of the "Girl Child"		Our Lady of the Rosary
15	Feast of the Assumption of Our Lady	14	Feast of the Exaltation of the Holy Cross.		Mission Sunday
	Day of obligation – Masses as on Sunday		Rosary at the Asmita Cross???		
	Independence Day – Flag Hoisting				
16	Justice Sunday	27	Feast of St. Vincent de Paul		
22	Queenship of the Blessed Virgin Mary	29	Feast of Archangels Michael, Gabriel and Raphael		
27	Feast of St. John Berchmans – Feast of Altar servers				
30	Nativity Novena begins				

The highlighted and question marks are subject to the situation.

Counselling "HOPELINE" at ST. ANTHONY'S, MALWANI

Due to our difficult times we are offering counselling services **by telephone** through a team of trained and experienced personnel from our parish.

Please Note

1. This service is given **free** to our parishioners as well as to people of other faiths residing in our Parish area.
2. The conversations are confidential.
3. Persons asking for help can contact the Resource Person of their choice **directly**
(Coordinator or Animator mediation is not needed)
4. To avoid overlap or delay, it is advisable to **inform** the resource person at least a day, **in advance**
(By *WhatsApp*, mentioning the person's name and preferred timing)

The **TEAM** available **from Monday to Saturday** is as follows:

Fr Vinay Kamat @ 9535673167 Monday to Thursday & Saturdays (9.30 am to 12.30 noon) (5 to 6.30 pm)	Sr. Manisha, rscj @ 9930733184 (10am to 12 noon)	Ms. Ludovica Quadros @ 9820849504 (from 6 to 7 pm)	Ms. Savie Minz @ 9920120961 (from 5 to 7 pm)
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Let us keep this Team in our prayer

Wishing Our Four Pillars at St Anthony Church, Malwani
A Happy Feast of St. Jean Marie Vianney
(Patron Saint of Diocesan Priests)



In spite of the LOCKDOWN, you were always available -
celebrating the Eucharist, encouraging us through uplifting
homilies, attentive to our calls for the sacraments,
performing the final rites for our loved ones when they passed
into eternity.

THANK YOU FOR YOUR CARING PRESENCE

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