

# Starting Afresh



As the new academic year begins, a frenzy of activity surrounds us. Exam results, entrance exams, and admissions dominate our lives. We're caught up in a relentless pursuit of progress, success, and achievement. Our days are filled with tasks, goals, and deadlines, leaving us little time for reflection. But is this non-stop activity truly essential?

## The Noble Art of Leaving Things Undone

Lin Yutang, a Chinese mystic, offers valuable wisdom: "Besides the noble art of getting things done, master the noble art of leaving things undone." This philosophy encourages us to prioritize what's truly important and eliminate nonessentials. By doing so, we can improve the quality of our lives and focus on what truly matters.

## Identifying Nonessentials

To apply this wisdom, we must learn to distinguish between essential and nonessential activities. Regularly reading good books and associating with great minds can help us achieve this. The books we read and the company we keep influence our thoughts and perspectives. By surrounding ourselves with positivity and wisdom, we can refine our priorities and make better choices.

## The Power of Reflection

In today's fast-paced world, it's easy to get caught up in the hustle and bustle. However, by embracing the art of leaving things undone, we can create space for reflection, growth, and meaningful connections. As we start anew, let's remember that success and progress encompass more than just achieving goals. They involve acquiring values, living with purpose, and nurturing our minds and spirits.

## Redefining Success

As we embark on this new chapter, let's redefine what success means to us. Let's prioritize what truly adds value to our lives and let go of nonessentials. By doing so, we'll cultivate a more balanced, fulfilling, and purposeful existence.



## OUR PASTOR SAYS...

My dear parishioners,

We are pilgrims of hope, journeying through a blessed time as we celebrate two significant Jubilees: the ***Great Jubilee of 2025*** and the ***150th Anniversary of the Society of the Divine Word (SVD)***, founded in 1875. These Jubilees invite us to pause, reflect, renew, and deepen our commitment to our Christian faith and mission.

On 8th September last year, we joyfully inaugurated the SVD Jubilee Year with a variety of meaningful events and celebrations. Now, as we approach its conclusion, we lift our hearts in gratitude to God for the many blessings poured out through the 5,754 SVD missionary disciples. For 150 years, they have brought the Good News of life and joy to people in 79 countries, witnessing to the light from everywhere for everyone.

Our parish and school have been especially blessed by the SVD congregation since 1948, when the first SVD parish priest, Fr. George Proksch, took charge of our parish. From that moment, the SVD presence has shaped and nurtured our faith community in profound ways. As we celebrate this milestone, let us thank God for all the grace-filled moments and spiritual growth we have experienced as a parish family.

Let us all mark **31<sup>st</sup> August, 2025**, as a special day of thanksgiving and celebration. On this day, we will officially conclude the 150th Jubilee Year of the SVD, praising God for the journey so far. We are especially honoured to welcome **Archbishop John Rodrigues**, who will preside over the Eucharistic celebration and visit our parish for the first time as the Archbishop of the Archdiocese of Mumbai.

Just as our parish church is being renewed with fresh paint, improved lighting, and new fans, enhancing the beauty and comfort of our liturgical celebrations, may we also renew our hearts and minds. As Oprah Winfrey wisely proclaimed, “The more you praise and celebrate your life, the more there is in life to celebrate.” Let us celebrate our lives and continue to build a vibrant, joyful, and faith-filled community, rooted in the Word of God, active in service, and radiant in witness.

May the darkness of sin and the night of unbelief vanish before the light of the Word and the Spirit of grace. And may the Heart of Jesus live in your heart always!

**Fr. Henry Dsouza, SVD  
Parish Priest**



**Parish Priest:** Fr. Henry Dsouza SVD  
 Fr. Jomet Joseph SVD (Asst. Parish Priest)  
 Fr. Shinoy Mathew SVD (Principal)  
 Fr. Callisto Gomes SVD (In residence)  
 Fr. Jose P.A. SVD (In residence)

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**MASS TIMINGS:**

**Weekday:** 7:00 a.m.; 8:00 a.m. & 7:00 p.m.  
**Sunday:** 7:00 a.m.; 8:30 a.m. 10:00 a.m & 6:00 p.m.  
**Sunday School:** 9:30 a.m.

**CONFESSIONS:**

**Saturday:** 7:30 a.m. - 8:00 a.m.  
 6:30 p.m. - 7:00 p.m.

**BAPTISMS:**

(As per prior appointment)

**MARRIAGES:**

Regarding marriage formalities meet the priest on duty well in advance. Bring your latest Baptism Certificate (issued not more than six months earlier and a copy of Marriage Preparation Course Certificate)

**BURIALS:**

Copies of Death Certificate & Municipal Burial permission required.  
 Shroud burials are highly encouraged.

**OFFICE TIMINGS:**

10.00 a.m. – 1.00 p.m.; 5:00 p.m. – 7:00 p.m.  
 Closed on Sundays & Bank holidays  
**Send your feedback/contributions to the parish office**



*This marvellous journey of life is strewn with new beginnings every step of the way – a new school, a new job, a new partner, a new home, a new parish... the list is endless! But every new beginning presents you with a great opportunity to start afresh, reinvent yourself, recharge your batteries, and plan a glorious future! While you may look through rose-tinted spectacles at the past, now's the time to look ahead and chase your dreams – create the future you imagine!*

*Pentecost has brought us the gifts of the Holy Spirit and a wave of newness in our parish. June heralds the new school year, with a 'shiny' new Principal at the helm. St. Theresa's Church also sports a vibrant look after donning a fresh coat of paint. We warmly welcome three new priests on the Parish rolls, who bring in their unique perspectives, enriching our spiritual life. Along with the monsoons, which transform the earth into a clean and green paradise, we pray for showers of blessings on our families, our homes and our lives.*

*Keep smiling! It's contagious!*

**Marianne**





# Jubilee 2025

The Jubilee has its roots in the Jewish tradition, where every 50 years was observed as a year of rest for the land, the restitution of property and the liberation of slaves. In the Catholic Church, the first Jubilee was proclaimed by Pope Boniface VIII, and there have been 27 ordinary Holy Years to date.

The Jubilee of 2025, is themed as 'Pilgrims of Hope'. It officially began on 24th December 2024, with the opening of the Holy Door and it will conclude on 6th January, 2026.

This sacred event gives believers an opportunity to renew their faith through (i) Spiritual journeys (ii) Physical journeys (iii) Plenary indulgences.

A Plenary Indulgence fully erases the earthly consequences of sins, offering a type of 'spiritual cleansing'; however, it is not a forgiveness of sins. A plenary indulgence can be requested for oneself, or on behalf of others - living or deceased.

To obtain a plenary indulgence during the Jubilee Year, one must meet the following criteria:

- 1. Sacramental Confession** - Confession must be sincere and complete, accompanied by true repentance.
- 2. Eucharistic Communion** - After Confession, we must participate in Holy Mass and receive Communion.
- 3. Pray for the Pope's intention** - Our Father, Hail Mary and Glory be...
- 4. Act of Charity** - Visiting the sick, volunteering for a charity, or performing acts of kindness.
- 5. Pilgrimages to Holy Places** - (Four in Rome) and the following four in Mumbai and not so far away. (I) Holy Name Cathedral, Colaba (ii) Mt. Mary's Basilica, Bandra West (iii) Our Lady of Velankanni, Bhate Uttan (iv) Our Lady of Fatima, Karjat.
- 6. Rejection of sin** - having a genuine detachment from sin and living a true Christian life.

If you would like to make this Jubilee Year a fruitful one, make the effort and join a pilgrimage to at least one of these dedicated shrines.

Lucille Rodrigues



The symbol of the Jubilee Year 2025 is a logo featuring four stylized figures representing humanity from the four corners of the earth, embracing each other and clinging to a cross that is shaped like a sail and ends in an anchor. The logo symbolizes the theme 'Pilgrims of Hope', emphasizing unity, fraternity, and the journey of faith amidst life's challenges.

Symbolism:

**Four Figures:** Represent all of humanity, coming together from different backgrounds and cultures to find unity in hope.

**The Cross:** A central symbol of Christian faith, representing sacrifice, redemption, and the hope of salvation.

**Sail-shaped Cross:** Suggests the cross as a guiding force, like a sail leading a ship through life's challenges and uncertainties.

**Anchor:** Located at the bottom of the cross, the anchor symbolizes hope, stability, and refuge during life's storms.

**Waves:** The rough waves beneath the figures represent the difficulties and challenges of life's journey, highlighting the need for hope and faith.





# Pope Leo XIV: New Shepherd of the Church

**Habemus Papam** is Italian for: **We have a Pope!** This eagerly awaited cry announced that a new Pope had been elected by the College of Cardinals during the recent Papal Conclave, which was convened consequent to the passing away of popular Pope Francis on April 21, 2025.

69 year old **Cardinal Robert Francis Prevost** originally from Chicago, USA has been elected as the 267<sup>th</sup> Pope of the Catholic Church of more than 1.4 billion members. He is the 1<sup>st</sup> American Pope in the 2000 year old history of the Catholic Church.

Pope Leo XIV attended Villanova University in Philadelphia, Pennsylvania. He graduated in the year 1977 with a Bachelor of Science (BS) degree in mathematics. Pope Leo is known as the Pope of both Americas – he has citizenship of Peru, as he spent more than a decade serving as a missionary, leader of the Augustinian Order and Bishop in Peru. For the past two years, he led the Vatican Office that selects Bishops globally.

Pope Leo XIV is fluent in English, Spanish, Italian, French and Portuguese, and can read Latin and German. His ability to speak multiple languages is seen as an advantage, particularly in his ability to connect with people from different linguistic



backgrounds. He's considered to be as international as American, the best candidate to unify the Church today. When he addressed the audience gathered in St. Peter's Square, it was not in English, but in Italian and Spanish, opening with the words, "Peace be with all of you!"

The Papal name, 'Leo' carries significant weight due to its historical association with strength, leadership, and commitment to social justice. The name 'Leo' means 'lion' in Latin, symbolizing courage and bravery. Specifically, Pope Leo XIV's name choice is seen as a nod to previous popes named Leo, including Leo XIII, who was known for his social justice teachings and his encyclical, *Rerum Novarum*, which addressed the 'social question' in the context of the industrial revolution. This suggests a continuation of Pope Francis' ministry and a focus on social justice issues.

And in conclusion, an extract of a speech from the New Pope:

*"Because this Church, as long as I breathe, will be a home for the homeless, and a rest for the weary.  
God doesn't need soldiers.  
He needs brothers....And you, yes, you... are one of them."*

**Edwin Fernandes**



**Veroshka Jacinto**  
SSC: 95.2%

## Our Theresian Toppers

**Hearty Congratulations!**

**We wish them all success  
in their future endeavours!**



**Nevaeh Ella Colaco**  
SSC: 92%

With Best Compliments

# DR. FONSECA'S DENTAL CLINIC

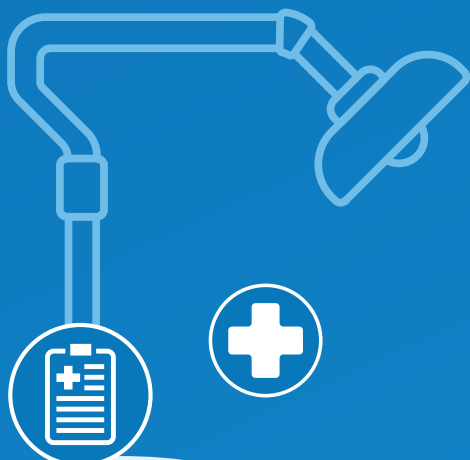
## DR. NIGEL FONSECA

B.D.S., M.D.S

Oral and Maxillofacial Surgeon  
& Implant Specialist

Timings: 4.30 - 7.30pm

Contact: 7302576556



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Dentistry**

 **Jaw Related  
Problems**

 **Cyst  
Removal**

 **Dental  
Aligners**

 **Orthodontic  
Treatment  
( Braces)**



S - 5, Blue Nile Apts., 39 Waroda Rd, Bandra (W), Mumbai 400 050

# A Warm Welcome to Fr. Jomet Joseph



Fr. Jomet Joseph SVD hails from Kerala, the youngest among five brothers. After completing his 10th Std., he joined the Society of the Divine Word (SVD) Minor Seminary at Changanacherry, Kerala. Having completed his theological studies at Jnana Deepa, Pune he was ordained a SVD priest in 2015. His first assignment was to the Mangaon Mission in Raigarh district; thereafter, he was sent to the formation house in Kerala, where he spent five years as a formator. Since he evinced keen interest in understanding the mental health of people, he did his Masters in Counselling and Psychotherapy. Now, with ten years of experience as a religious priest, he has been assigned to St. Theresa's Church, as a co-pastor. While he is looking forward to offer his valuable services as a pastor, we are happy to welcome him to our parish. His educational background and talents would be a great asset to us here.

We wish Fr. Jomet God's choicest blessings.

## Creating Memories



How incredibly vast and beautiful the world is ! Even if we travel to every part of it, we would agree that in Nature and in all things, there is something marvellous.

This year, my husband Jacinto and I experienced this, for soon after the Lenten Mission, we travelled to a beautiful suburb of San Francisco to spend time with our family there and to celebrate Easter with them. We were in a picturesque residential neighbourhood where Nature is at her best and beautiful scenes do not have to ask for attention. Homes are built on undulating grassy hillsides, laden with pine trees, rose bushes and other

flowering plants. The fauna included humming birds, doves, robins, owls, raccoons and coyotes. We were soon drawn into the quiet life of this place, absorbing the peace and calm that it was offering us.

During Holy Week, we joined in prayer for all the services that were celebrated with much solemnity and dedication. It was remarkable to witness the reverence and fervour of the lay faithful in their participation of the Holy Triduum. There seemed to be an invisible bond that united us all, not only during these three most important days of the Liturgical Year, but also at every other daily Eucharist. I was truly edified with the reverence and devotion that filled the church.

Being in San Francisco is not complete if one does not visit the Golden Gate Bridge and have a meal at Sausalito, which is a quaint tourist destination known for its scenic views, acclaimed restaurants and art galleries. We were blessed to have done all this and also to have visited the famous Muir Woods - home to the giant Redwoods, some of which are believed to be more than 2,000 years old!

The highlight of our stay was to have the statue of 'Mary - the Mother of Fairest Love' in our home for nine days. Praying the Holy Rosary and the Novena each day, we experienced the graces that the Lord bestowed on us through the intercession of Our Blessed Mother. Once again, I must say that the reverence and devotion of the friends and families that came over to pray in our home deeply touched our hearts. Now that we are back in Mumbai and as tiredness and jetlag fade, we cherish the memories of our visit and thank our Lord for making this visit possible.



**Annette Fernandes**





# Fond Farewells



We bid adieu to two pillars of the church – Fr. Antony and Fr. Nicky – in June with Royston Braganza succinctly summing up their Ministry for the past few years. As it was Pentecost Sunday, he dwelt on the Holy Spirit, who empowers and guides believers to be His instruments in the world, using His gifts, the Word of God, and the fruit of the Spirit to fulfill His divine purposes. Both fathers have excelled at being instruments of the Holy Spirit, transforming the lives of our parishioners during their tenure here.

He then employed mathematical concepts to describe them :

Fr. Antony was HCD (Highest Common Divisor) – H for Holiness, C for Compassion and D for Deep in reflection, providing insights always.

Fr. Nicky was LCM (Least Common Multiple) – L for Lively (energetic on the sports field and a live wire throughout); C for Creativity oozing from every pore (every homily was different for the children's mass, also homilies on the beach or in the garden for a different setting); M for Meekness, Meticulous and Music, which defines him – he's talented at singing, playing and composing videos.

Fr. Nicky reminisces:

I look at my journey of 10 years at St. Theresa's Church with gratitude, as I have grown and learnt a lot and it's made me what I am today. I had three Parish Priests and many co-pastors in our team – all with their grades, experiences and contributions. During my tenure, I got the opportunity to be Zonal Pastor of all the zones to interact with people. I also had the privilege to be Spiritual Director of some of the Cells and Associations and I am happy that I could contribute in some way. What was important was that we had good teams to plan, organize and implement, in a collaborative manner.

Even COVID-19 could not separate connections with the parishioners. It was a blessing in disguise for me to venture into online learning, and also use my talents of music and media. We learnt to be self-reliant, to reach out to people with online gadgets, and also do things in-house in lockdown.

I go with a bag of memories to cherish from here and express my thanks to God and to all the parishioners for being a great part of my life. We will continue to remain connected.

Fr. Antony reflects:

I've worked in the Congo and Chad on zealous missionary work for 18 years, experienced their abysmal poverty, lack of food, health and education, but they had vibrancy of spirit, faith and traditions, which moved me. My health suffered and I was stricken with liver cancer, so I moved back to India for treatment and had a liver transplant in 2012.

I was delighted to be posted in my first pastoral assignment at St. Theresa's, where I was welcomed with warmth and affection. In a short time, I connected with the parishioners of different ages and varied economic backgrounds and reached out to them, providing spiritual guidance and counselling. I felt accepted, wanted and loved. They all occupy a special place in my heart. As Spiritual Director of many Cells and Associations, I was happy to support and encourage them in their activities. I carry wonderful memories of the time I spent at St. Theresa's and will miss my clergy team and my dear parishioners. By God's grace, my liver is functioning well, but now I've left a small part of my heart in Mumbai.

# New Beginnings

## *A Newlywed Shares Marital Tips*

Marriage is like signing up for a lifetime subscription to love, laughter, and occasionally wondering which of us has better culinary skills! As a young couple stepping into this beautiful new phase of life, we've quickly learned that marriage isn't just about romance — it's about teamwork, patience, and deciding whose turn it is to do the dishes.

One of the best things about being married is waking up every day knowing that you have a built-in best friend (who is legally obligated to tolerate your weird habits). From making breakfast together to grocery shopping adventures, that always end with snacks we definitely didn't need, every little moment becomes special because we're experiencing it together.

It's not just about two people coming together, but about us embracing a spiritual covenant that intertwines faith, love, and personal growth — like switching from a well-rehearsed play to full-on improv! Exciting? Absolutely. Terrifying? Sometimes. Hilarious? Oh yes, without a doubt.

We both had strong traditions and values — regular mass celebrations, Sunday lunches with family, rosaries and a deep-rooted sense of community. Now, as we build our own life, we're blending these traditions in ways that feel uniquely ours, like praying together at night, cooking together on weekends, and making sure our home is filled with faith and laughter.

But no matter what, we know that God's presence in our marriage guides us, strengthens us, and reminds us that this new beginning is not just about us — it's about growing together, supporting each other, and building a love that lasts a lifetime.

**Nerissa Silveira**



## *Musings of a New Mother*



Becoming a mother is something that cannot truly be explained, only experienced. That initial rush of joy when I held my baby for the first time, the waves of emotions that enveloped me as the weeks went by... My thoughts wing across to the striking installation at Bandra titled 'A Child Gives Birth to a Mother' built by Dr. Vithal Venkatesh Kamat. So true!



The first couple of weeks were filled with uncertainty, tired nights, and days that seemed like they'd never end. As a new mother, my life took a complete 180-degree turn. Diaper changes, feeding schedules, and trying to decode my baby's different cries quickly became my new reality. The hours blended together, and my old life felt like a distant memory. And yet, amid the exhaustion, there was incredible wonder! My husband and I found ourselves celebrating every tiny milestone, like a sweet smile or a soft coo, as if it were magic. It felt like a miracle to have brought a whole new person into the world, someone with their own likes, dislikes, and personality.

Motherhood has deepened my respect and gratitude for my own mother and all the mothers who came before me. Their sacrifices shaped who I am, and I carry that legacy with pride. Knowing I have a community of fellow moms and elders to lean on gives me strength to be the best mom I can be to my little son.

Being a new mother is both humbling and miraculous! I'm learning to let go of perfection, embrace the present, and just love my li'l bundle of joy, one giggle at a time...

**Deepika Karmarkar**



## TYM Summer Camp : A Journey of Creativity and Friendship

On 18<sup>th</sup> May, 2025 the Theresian Youth Movement (TYM) Summer Camp 2025 came to a joyful close, leaving hearts full of gratitude. Held from 2nd to 18th May, 2025 at St. Theresa's School, this year's camp brought together over 56 youngsters from across all parishes of Bandra. It was an unforgettable celebration of enjoyment and fun.

Over the past few days, we've laughed together, learned together — and most importantly, we've grown together. This camp has been a beautiful tapestry woven with moments of inspiration, deep reflection, energetic activity and genuine connection. Many of the children went back with a renewed spirit — ready to carry forward new friendships and lessons we've experienced here.

Theresian Youth Movement — Small Steps, Great Love.

Eva Parmar



## Children 'Called to Shine' at VBJ 2025



Yet another fun-tertaining Vacation Bible Joy [VBJ] was organised by the Bible Cell for 60 children from Stds. 1 to 10 from 2nd to 4th June 2025. The theme chosen was 'Called to Shine' like Samuel and Daniel - prophets who were chosen by God at a very young age - in keeping with this year being dedicated by our parish as the 'year of children'. The children learned how to listen attentively to God and obey him, just like Samuel, and to be courageous and prayerful like Daniel.

Each day began with a little warm up session in the form of action songs. Spot prizes were given to those who answered simple biblical questions. Then the topic of the day was introduced, after which the children had an hour's class session, teaching them about the prophets through stories and activities. This was followed by a short break, during which they enjoyed some delicious snacks. The day ended with games relevant to the topic of the day.

Fr. Nicky's creative ideas and Fr. Sandeep's limitless energy made each day so fun-filled and fulfilling, not only for the kids but also for us, the animators of the Bible Cell. We look forward to having many more children participating in these faith strengthening activities.

Jean Gonsalves



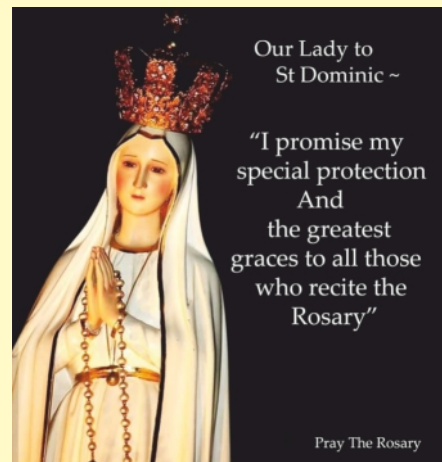


# VIBES

## Mother Mary, Month of May & The Rosary

Our Lady made 15 promises to St. Dominic for those who recite the rosary faithfully. These include defeat of sin, her special protection during life, and the assurance of not dying without the church sacraments.

Our parish encouraged all our Communities to recite the rosary at the church grotto, booking a date in advance (a date with our Blessed Mother). Saturdays and Sundays encouraged Community Rosaries (which are equally important). Also, regular churchgoers often joined to recite the rosary, which was like a backup! The Gujarati community kept the rosary chain going daily, after the 7 pm mass and on Sundays, after the 6 pm mass. The rosary month culminated with the Sunday school children reciting it on 31<sup>st</sup> May, which happened to be 'The Visitation'. Hail Mary, full of Grace!



Errol Ferreira

## Picnic Cheer

What is the best way to break the routine and enjoy a day of fun 'n' frolic in halcyon surroundings? An outdoor picnic! On April 27, 2025 the SVP members took the aided families picnicking to the D'Souza Farm House in Manori. A group of nine excited families enjoyed the early morning bus ride, munching snacks and sipping soft drinks.

On reaching the place, everyone tucked in to a hearty breakfast of egg *bhurji* and *ussal*. Then it was time to go splashing in the pool. Oh, how the kids enjoyed themselves! The seniors relaxed and refreshed themselves with tempting ice *golas* and toddy for the adventurous

All this worked up an appetite, so in the afternoon there was a sumptuous lunch of chicken dishes, veg dishes, pulao, hand breads and salads, followed by cooling ice-cream for dessert. Thereafter, two games were arranged. One was passing of the parcel with a twist, whereby each participant received a gift on getting out! Then there was Housie, where the winners were thrilled to receive cash prizes.

Many of the seniors took forty winks after the games and woke up feeling fresh, in time for hot tea and samosas. Soon it was evening and time to return, so photographs were clicked as a memento to remember the lovely day we had. On the way back, we stopped by the market to buy juicy *targolas*, sweet mangoes and fresh vegetables. All in all, it was quite a memorable day for us members and the families.



Elizabeth Gomes

# THERESIAN

## Celebrating 10 Years of Serving with Love

As we approach August 2025, we joyfully celebrate 10 years of our Food Kitchen Ministry - a journey of love, compassion, and service to the Lord's people. It all began with a simple mission: to serve hot, fresh meals to those in need. Every plate served was a reminder that no one should go hungry and that everyone deserves dignity and kindness.

When the pandemic hit, for five years, we distributed packed hot meals, ensuring safety in those challenging times. In January 2025, we returned to serving fresh, hot meals in plates once again, feeding around 50 people. This face-to-face service reminds us that this ministry is not just about food — it's about being present, showing care, and sharing God's love in action. It brings us great joy to give, to listen, and to share a warm meal with someone who needs it.

Many people mark their special occasions, like birthdays, anniversaries, or memorials, by sponsoring a meal or supporting our food kitchen. It's a meaningful way to celebrate by giving back. We invite others to do the same and be a part of this simple but powerful act of love. We thank all the donors who have supported us over the past 10 years. A very special thanks to all our volunteers, who so generously give their time and energy thrice a week to prepare the space, serve the meals, and clean up. May we continue this work in faith and love, trusting that every act of kindness makes a difference.

Thelma D'Silva



## Legion of Mary Beckons

Started on 26th October, 1956 by Fr. Peter Braun as its first Spiritual Director and Fr. Felix Fonseca as its first President, the Legion of Mary at St. Theresa's has been named as Mary Help of Christians.

The Legion of Mary is a lay apostolic association of Catholics who, with the sanction of the Church and under the powerful leadership of Mary Immaculate, Mediatrix of All Graces, serve the Church and its neighbours on a voluntary basis in about 170 countries. It has its beginnings in Dublin, Ireland, on 7th September, 1921.



This year, on our Feast Day, 24th May, 2025 Fr. Sandeep Noel and Fr. Anthony P. (our former S.D.) celebrated a very special Mass with our parishioners. Miraculous medals were blessed and distributed to all present after the mass. Fr. Sandeep composed a very unique prayer for all Legionaries around the world. He also appealed to all to join our apostolate. Our meetings are on Wednesdays at 5:30 pm in the council room.

Charmaine Colaco



# VIBES

## A Principal Dreams . . .

It is with great joy, humility, and a deep sense of responsibility that I begin my journey as the new principal of St. Theresa's High School, Bandra. I truly believe that education is not just about academics — it's about shaping hearts, building character, and helping each child discover their unique gifts. My dream is to create an environment where every student feels safe, loved, and inspired to grow; where teachers feel encouraged, supported, and valued; and where we all work together as one big family.



I want us to focus not only on good grades but also on kindness, discipline, respect, and joy in learning. Inspired by the simple alphabets every child learns in their first years, I thought of starting our school values this way: A for Academics with Attendance, B for Behaviour with Books, C for Cleanliness with Commitment, D for Discipline with Determination, and E for Excellence with Effort. With these values at the heart of our mission, I look forward to walking this beautiful journey together — supporting each other, celebrating every success, and turning every challenge into an opportunity to grow. Thank you for welcoming me so warmly, and I am excited for all the wonderful things we will achieve together as one happy St. Theresa's family!

**Fr. Shinoy Mathew SVD**

## Splashes of Fun and Laughter

A delightful end to the summer holidays was a much-awaited picnic on 7th June, 2025, when the TYM headed to Pali Beach Resort, Uttan. We gathered at the church at 6:30 am, where Fr. Henry led us in a beautiful prayer, blessing our journey with unity and love. With Fr. Shinoy joining us, the bus ride was full of laughter, songs, and games — setting the perfect mood. The water park brought even more joy with slides, a rain dance, and endless splashing fun!

From sharing snacks under the sun to simply being together, the day was filled with pure camaraderie. We had such a great time, not wanting to return; nonetheless, we had to leave with a heavy heart. Thanks to Fr. Shinoy's guidance throughout the day. We reached home refreshed and safe — with smiles all around. Until next time, TYM!

**Rahael Baretto**





# THERESIAN VIBES

## Family Fun and Telegames

The much-anticipated Family Fun Parish Telegames, organised by the Sports Ministry on 22nd June, 2025 brought together families, friends, and parishioners for an exciting day filled with games, laughter, and community spirit. Thanks to the hard work, dedication, and meticulous planning of the Sports Ministry Committee, the Telegames unfolded seamlessly.

Right from the cry, "Let the games begin !" the grounds were buzzing with excitement, cheerful banter, and a healthy dose of friendly competition. A true highlight of the day was the joy and enthusiasm of the children. Their beaming smiles, playful energy, and wholehearted participation perfectly captured the spirit of the event. It was heartwarming to witness families coming together, cheering each other on, and creating memories that will surely be cherished.



The Telegames, not only promoted fitness and fun, but also strengthened the bonds of fellowship within our parish community. Events like these remind us of the importance of togetherness, joy, and the simple delight of spending time with one another. We look forward to many more such joyful gatherings in future!

**Bosco Pereira**

## Lourdes Community Bonds Through The Rosary



The month of May, dedicated to our Mother Mary, is the time to deepen our connection to God through prayer, reflection and devotion. Wherever Catholics are clustered, you will invariably find a cross or a grotto. It has been an age-old tradition for Catholics to gather around this cross or grotto every evening to pray the Rosary; thereafter, everyone partakes in a great treat of boiled *channa* and *sherbet*.

As the Lourdes Community has no such Grotto within its boundaries, we proposed that families, by rotation, could host the Rosary inside or in the periphery of their homes. This was received with great enthusiasm and gusto - not only were the 31 days of May booked, the Rosary devotion was stretched to 3rd June to accommodate everyone!



This Community venture involved a spate of activities like decorating the altar, selecting appropriate hymns and prayers, composing individual intentions, etc. Enthusiasm was at its peak in arranging the fellowship that followed. The humble boiled *channa* was an essential part of the menu, so as to continue with tradition. Besides, there was a daily gastronomic feast, with each of us vying to serve something different - from *bhelpuri* to *biryani*, patties and sandwiches to croquettes, all wolfed down with *jeera* sodas (the hot favorite of the season), fruit drinks and *kulfis*! May we continue to always 'mingle together, voices joyful and gay, singing hymns to our Mother'.....

**Crystal Ferreira**



# SOCIETY OF THE DIVINE WORD (SVD)

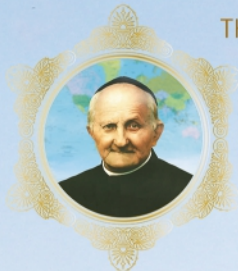
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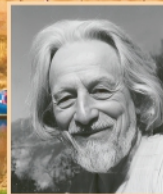
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+91 97456 12105 | missioninm@gmail.com

**COMPLIMENTS FROM SVD INDIA MUMBAI PROVINCE (INM)**

# The 'NEW' Quiz

*There is a 'New' in every answer*

- 
1. US 'city that never sleeps'
  2. Blue-eyed actor who starred in 'The Sting' and 'The Color of Money'
  3. Picture postcard country in the southeastern hemisphere
  4. The idiom "carrying coals to \_\_\_\_\_"
  5. A person who has recently started a particular activity
  6. Second largest island in the world located north of Australia
  7. A person recently married
  8. It's printed daily containing news, articles, features, etc.
  9. US city renowned for its music, night life and Mardi Gras
  10. Scientist who formulated the laws of motion and gravitation
  11. A small salamander that is usually semi-aquatic as an adult
  12. Capital of the most populous country in the world
  13. Singer and actress who starred in the movie 'Grease'
  14. US 'Garden state' located in the northeast
  15. Oldest colony of the British Empire in Canada
- 

## ANSWERS

1. New York
2. Paul Newman
3. New Zealand
4. Newcastle
5. Newbie/newcomer
6. New Guinea
7. Newlywed
8. Newspaper
9. New Orleans
10. Isaac Newton
11. Newt
12. New Delhi
13. Olivia Newton-John
14. New Jersey
15. Newfoundland

## Try Your Hand at Home Composting

In the interests of saving the environment, our Care for Creation Cell organized a Home Composting Workshop on 26th April, 2025, in the Parish Council Room. The interactive session was conducted by Joe Rodrigues, an experienced composter with several years of hands-on practice in the field.

Providing several practical tips, Joe demonstrated how to set up a composting bin and guided participants through the do's and don'ts of composting, explaining what food items can be composted and what should be avoided. A key part of the workshop was learning how to alternate wet and dry layers to prevent fungal growth. Wet materials (greens) include fruit and vegetable scraps, eggshells, feathers, and other organic waste. Dry materials (browns) include dry leaves, wood chips, shredded paper, etc.

He also discussed various composting machines available in the market, including compact electric kitchen composters suited for urban homes. The workshop was well-attended, with 25 participants, including a young lady who travelled all the way from Dadar East! Practical, step-by-step videos were later sent to the attendees. All left, enlightened and eager to experiment composting at home.



**Elaine Fernandes**



## Composting Procedure

- 1) Poke holes in the bucket — underneath (for drainage) and over the surface at about 60% height (for aeration).
- 2) Place the bucket in a small container, to collect the liquid, called 'compost tea', that drains. This liquid is a good cleaner for the floor and drains, as well as a good fertiliser (dilute it with 10-15 times the amount of water and then water the plants).



- 3) Prepare 2-3" thick 'bedding' in the bucket, consisting of dry leaves, paper (browns), hay, etc.
- 4) Put in a layer of kitchen/wet waste (greens), green leaves,

etc. over the bedding, the smaller the pieces the better.

- 5) To 'kick start': spread 1 cup (150-200 ml) of curd or buttermilk or ready compost over the wet waste.



- 6) Cover with cocopeat powder (from the coconut husk), dry leaves, (browns) etc. Suggested ratio of wet waste to dry leaves is 1:2 or 1:3.

- 7) Cover the top of the bucket with a sheet of cardboard or acrylic.



- 8) Depending on how much wet waste you generate, repeat the procedure of putting wet waste and covering it with dry waste. Garnish it with

a teaspoon of egg powder.

- 9) Every 2 days, you can take the top cover off and expose the mixture to fresh air and sunlight for an hour.

- 10) Every 3-4 days, churn the mixture, so that it mixes well and also to promote aeration.

- 11) Continue adding waste till the bucket is 90-95% full, then close it and let it stand. However, churning must continue every 3-4 days.



- 12) Problems/ monitoring:

A. If there's too much liquid in the mixture, it will ferment. Small white worms may also form. If it is smelly or very wet, add cocopeat or dry leaves. If the drip tray gets full, empty the liquid into a bottle or container.

B. If the mixture is too dry, the process will slow down. Spray some water over it.

C. Signs of success:

- 1) The bucket will feel warm or hot.
- 2) There will be an earthy smell.
- 3) The level of the mixture reduces to about 60-70%, after about a month.
- 4) Keep churning till the compost is ready. It will be like soft mud.
- 5) When ready, take out the compost and spread it out to dry, for 1-2 days.
- 6) You can use it directly for your plants, or sieve it to get a fine powder to use.
- 7) If you don't need to use it immediately, put it in a plastic packet and store in a cool, dry place.



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For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.

Jeremiah 29:11





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# Towards A More Fulfilling Married Life



What does your spouse really want from you? Are you mindful of those needs, and how can you strive to fulfil those expectations? Do you communicate enough, and in the right way? What do you want of your partner in your marriage?

These were some of the questions posed to the attendees who participated in a lively interactive session for married couples organized by the parish Family Cell on Saturday 28th June 2025.

The session was moderated by Fr. Tony Menezes SVD of Atma Darshan at Andheri, who led participants through an engaging



discussion on the topic 'Facing Challenges in the Family'. Posing a series of questions, and with thought-provoking commentary and humour, Fr. Tony sought to elicit responses that covered the gamut of married life. This stimulated much shared wisdom of lived experience from both, newly-married and veteran, arranged and love-marriage couples.

The enjoyable session ended with a symbolic and fun 'finger dance' set to music, where each was asked to figure out how best they could follow the lead provided by their partner ... in short, how to get attuned to each other's tunes!



## Guide to a Happy Family Life

1. Commitment
2. Appreciation & Affirmation
3. Time Together
4. Communication
5. Religion & Prayer
6. Play & a Sense of Humour
7. Sharing Responsibility & Roles
8. Common Interests & Goals
9. Service to Others
10. Admitting to & Seeking Help with Problems

**Yorick Fonseca**

## Laity Sunday: Leaders in Service







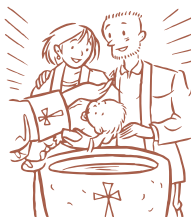
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Sudhir Ram	Kalindar and Jaimati Ram	27-04-2025
Amar Singh	Chuku and Somdra Singh	27-04-2025
Samiyul Walter Toppo	Walter Anjilus and Roshani Toppo	27-04-2025
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Jayashri Adhik Dhekale	Dhekale and Shobha Dhekale	27-04-2025
Anita Kino	Alaksius and Binjima Kino	27-04-2025
Prema Gautam	Satyanaryan and Sabitini Gautam	27-04-2025
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Ann Lakra	Arvind and Aileen Lakra	08-06-2025



#### SILVER WEDDING

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Raul and Mitali D'Souza



15-06-2025

#### DEATHS

**Rest  
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Peace**

Keith Leo Drego	74 years	10-04-2025
Sr. Marie Lucille	86 years	12-04-2025
Odilia Dcruz	88 years	06-05-2025
Richard Edward Gonsalves	87 years	13-05-2025
Anastasia Bomfilia Desouza	91 years	18-05-2025
Sr. Alice D'Souza	88 years	03-06-2025
Agnes DMello	96 years	30-06-2025



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